

The Poem

Sound Mental health for All

They are running for charity
For a mind of clarity
We make others fit dentally
We must remain fit mentally

Many go undiagnosed
How many , no one knows
In our mist there is depression
At times fuelled by discrimination

so many mental disorders
So much to consider
Alcohol and substance misuse
Leading to violence and abuse

Hallucinations and disorganised thinking
Staring without blinking
Apathy and sleep disturbances
At play and work taking risky chances

We all must be mentally aware
For others and ourselves to care
We must remain physically and mentally fit
Run Timi, go Timi you are on my prayer list

Dr C Adeloye