



## Black Clouds

There is no what's next  
Only a there and then

Dead dark  
On these black days  
open windows, look outside  
reds of bricks, green of bushes  
so vivid

yet now de-saturated  
grey.

Shut door, lock door, don't answer  
Draw curtains, leave key in the lock

On a slide  
slipping.  
On a baddun.

Mind empty.  
Not of my own mind  
Feeling a burdern,  
only thought,  
I cannot live anymore.

Family friends children wife partner husband brother sister  
do not enter your head  
Inside my own mind  
this is the only way out

Had enough  
No one listening  
No one to talk to

## **Suicide – by Stuart Kenyon**

She was on a locked ward  
At the nearby hospital  
I may have known her  
But I couldn't recall the name  
Which I read in the short report  
In the local newspaper

She had her whole life ahead  
Her heart broken so bad  
By someone or something  
Not recorded in the press

I asked around  
Some knew her, but not well  
No one knew why she did it  
It was hushed up  
No one would tell.

One day walking from the ward  
To buy a gallon fuel  
Then at midday sitting down  
In the hospital car park  
She doused herself from head to toe

On an ordinary Tuesday  
Sat in full view  
She set fire to herself  
Like a Vietnamese monk  
Selfish or selfless  
Her problems too great for her heart  
Such a terrible act  
I never did find out  
Why she struck the match  
But that would be of no use now.

## **Unhelpful Things People Have Said (No.1 to 5):**

1. an emergency phone operator:

*Wait for a CBT appointment.*

*If you get any worse*

*phone your GP.*

2. a community CBT centre:

*You missed your appointment.*

*You're now at the bottom*

*of an 18 month waiting list.*

3. a GP:

*Just get up off the sofa*

*and go and get yourself*

*a job.*

4. a GP:

*Try counselling.*

*Though not on the NHS*

*It's better to pay for it.*

5. a course administrator:

*We can't offer you a place on this course*

*because you're on the highest form of*

*anti-depressants.*

## **The Sunny Side of Suicide – by Nigel Webster**

Like a snowball running down a hill  
Twenty-one, with time still.  
A broken mind is all I knew.  
I'd lost control in what I do.

Lack of empathy's what I had  
But I really was an ordinary lad  
No blame was needed  
Like a garden freshly seeded  
I just needed to be weeded

I'm not an old lag  
I just needed an airbag  
To stop me hitting the windscreen  
My loneliness went unseen  
But know my grass is greener  
On the sunny-side of the street  
I had reasons to be fearful  
Now I've reasons to be cheerful

## Unhelpful Things People Have Said (No.6 to 10)

6. a family member:

*Do you realise  
the hassle you  
have caused?*

7. a course leader:

*You shouldn't think negative  
Always think  
positive*

8. a neighbour:

*If you told her  
your partner killed himself  
she would never talk to you again*

9. someone who doesn't know:

*Merry Christmas  
and a  
Happy New Year!*

10. someone who doesn't know:

*You're  
looking  
well!*

## Talking about Suicide

Half the problem is that people don't talk about it:

*You shouldn't say things like that*

*Don't tell me about those things*

Sometimes you don't need to say anything

Sometimes all that's needed is a hug

Just an acknowledgement of that feeling

If cancer was treated like mental health

There'd be riots.

Try to surround yourself with people that get you

People that won't judge you

That won't make you feel guilty about going through it

Someone to force the curtains open

Someone to switch off Eastenders, Jeremy Kyle, the News

To spot the triggers.

Classes, groups.

Me dad never got me,

Couldn't understand why I had to take happy pills

He could never get his head round it

None of my family got me...

If we can be open about how we coped

We can pass this on to our sons and daughters

Half the problem is that people don't talk about it

*These poems are the result of a residency undertaken by poet Sai Murray, who met one to one with people who had identified as having attempted suicide in St. Helens, to explore the subject in depth and in a creative way.*

