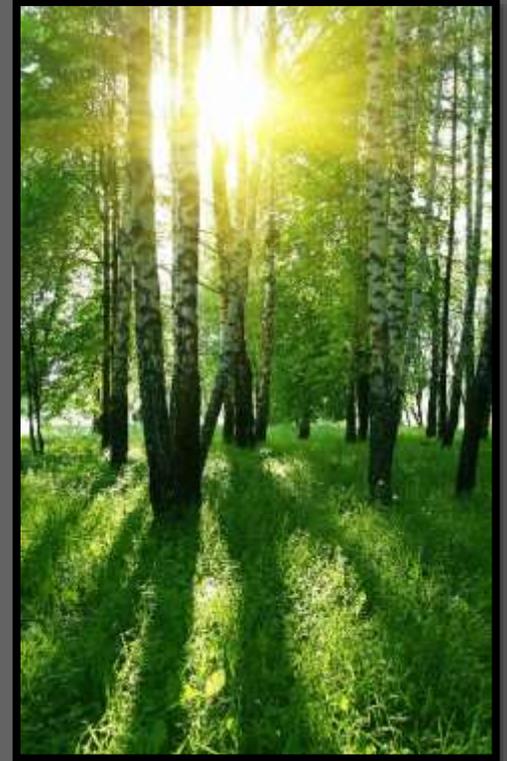


2018 Mental Health Awareness Art Display

Submitted by Various Artists



stigmafree
Idaho

This Mind of Mine

Artist: Audrey Kujawa



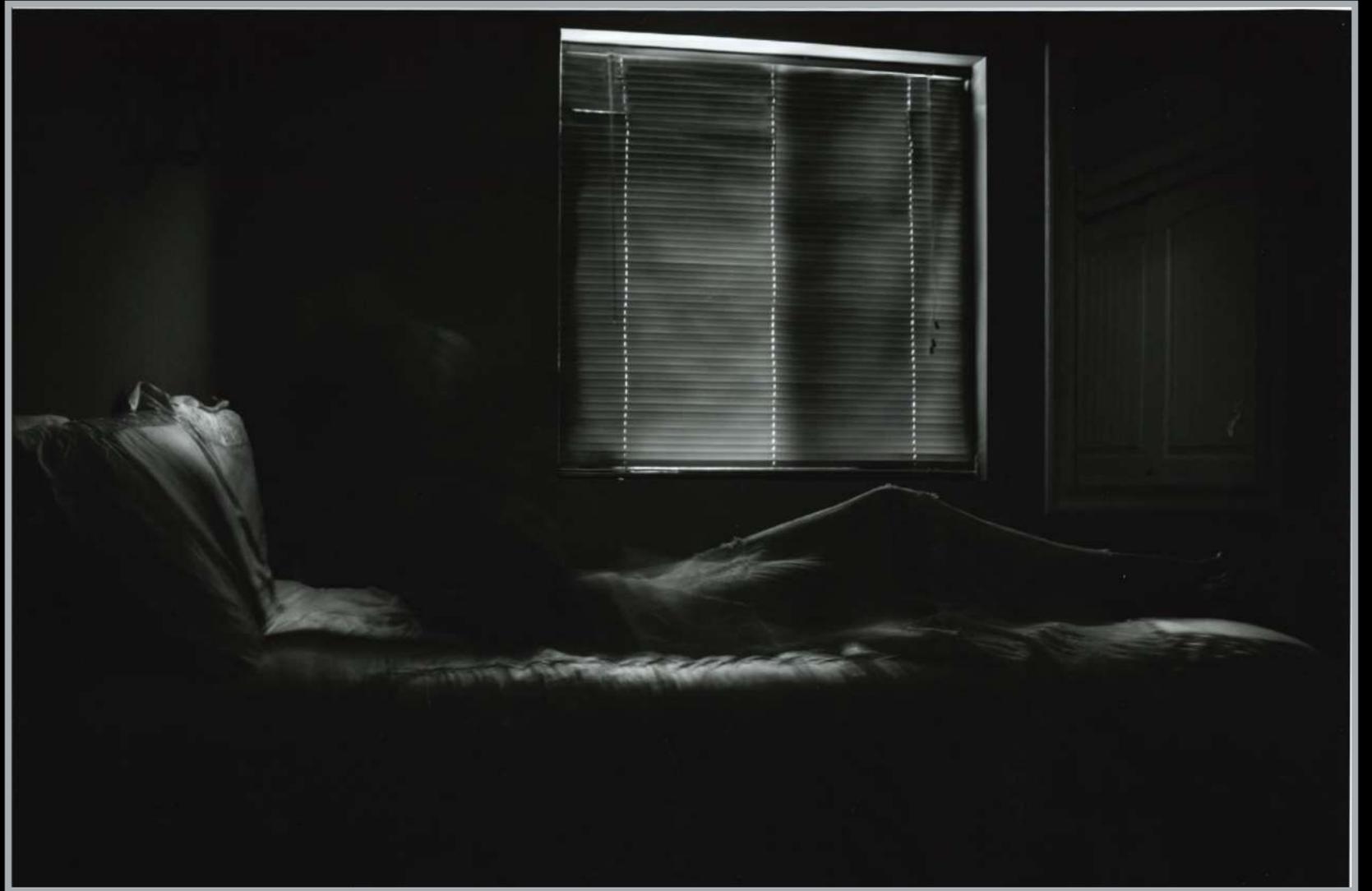
Night Terrors (1 of 3)

Artist: Audrey
Kujawa



Night Terrors (2 of 3)

Artist: Audrey
Kujawa



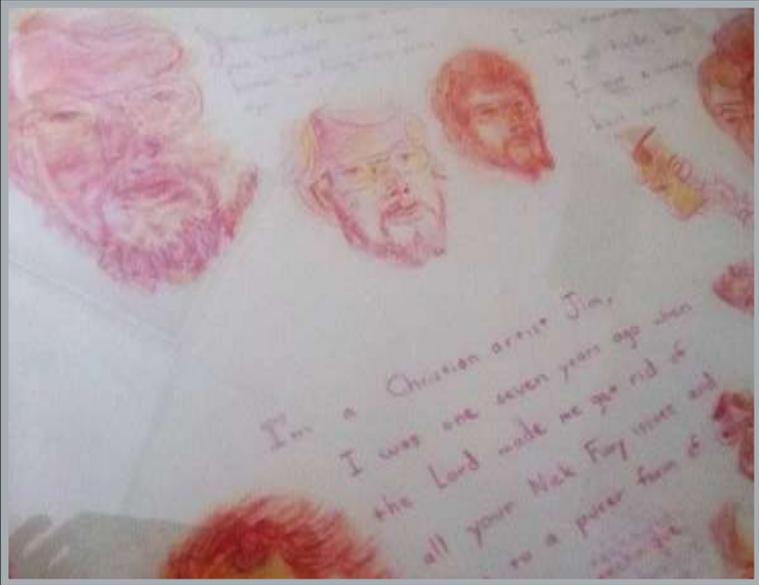
Night Terrors (3 of 3)

Artist: Audrey
Kujawa



Christ Arts

Artist: J. Kevin
Turner



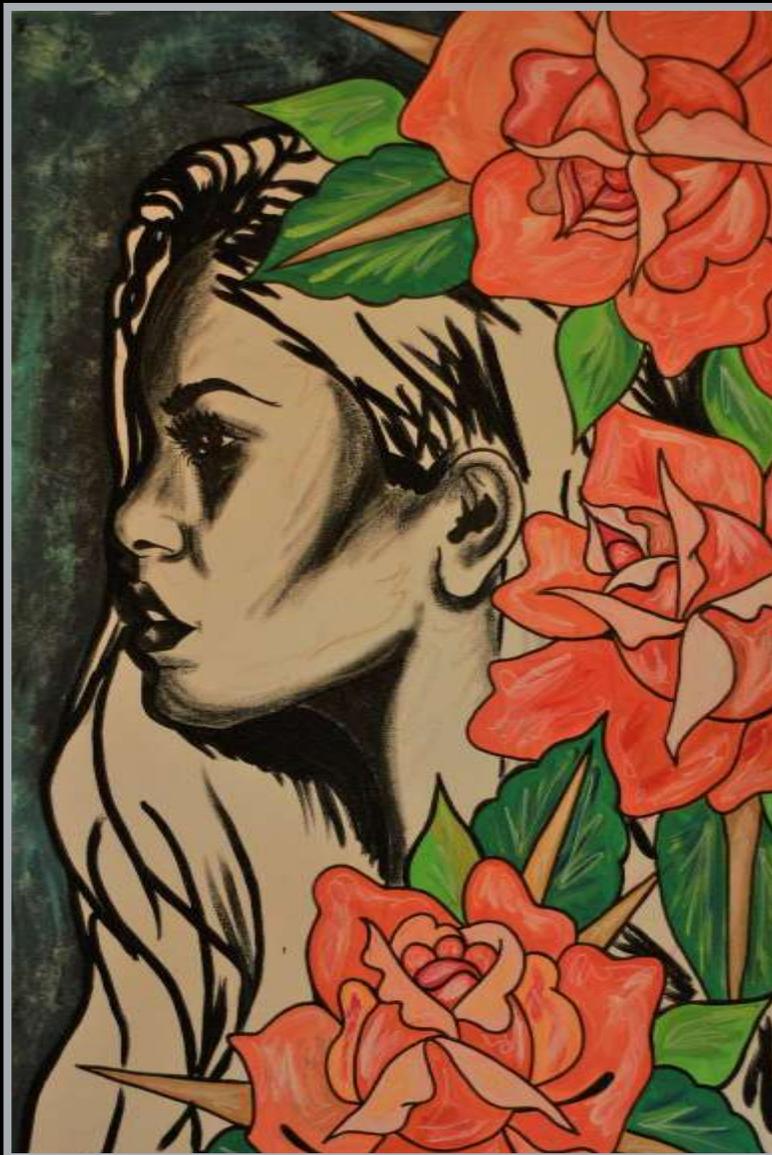
hear me SCREAM

Artist:
Jonathan
Petreman

It's a new day.
Ripe fruit for the taking.
New chances,
All to enjoy by the masses.
Everybody is doing just fine
In this superficial world of make believe.
I greet every soul with an empty smile
As they pass.
"How are you," they ask.
"Fine."
(I'm not fine)
"No complaints."
(I am falling apart)
"Have a nice day!"
(Can't you hear me scream?)
Worthless and naïve,
Living with no dream.
I don't live, I linger.
I am hollow,
I am nothing.
Please help me.
Please hear me scream.

Face Your Fears

Artist: Megan
Sharratt



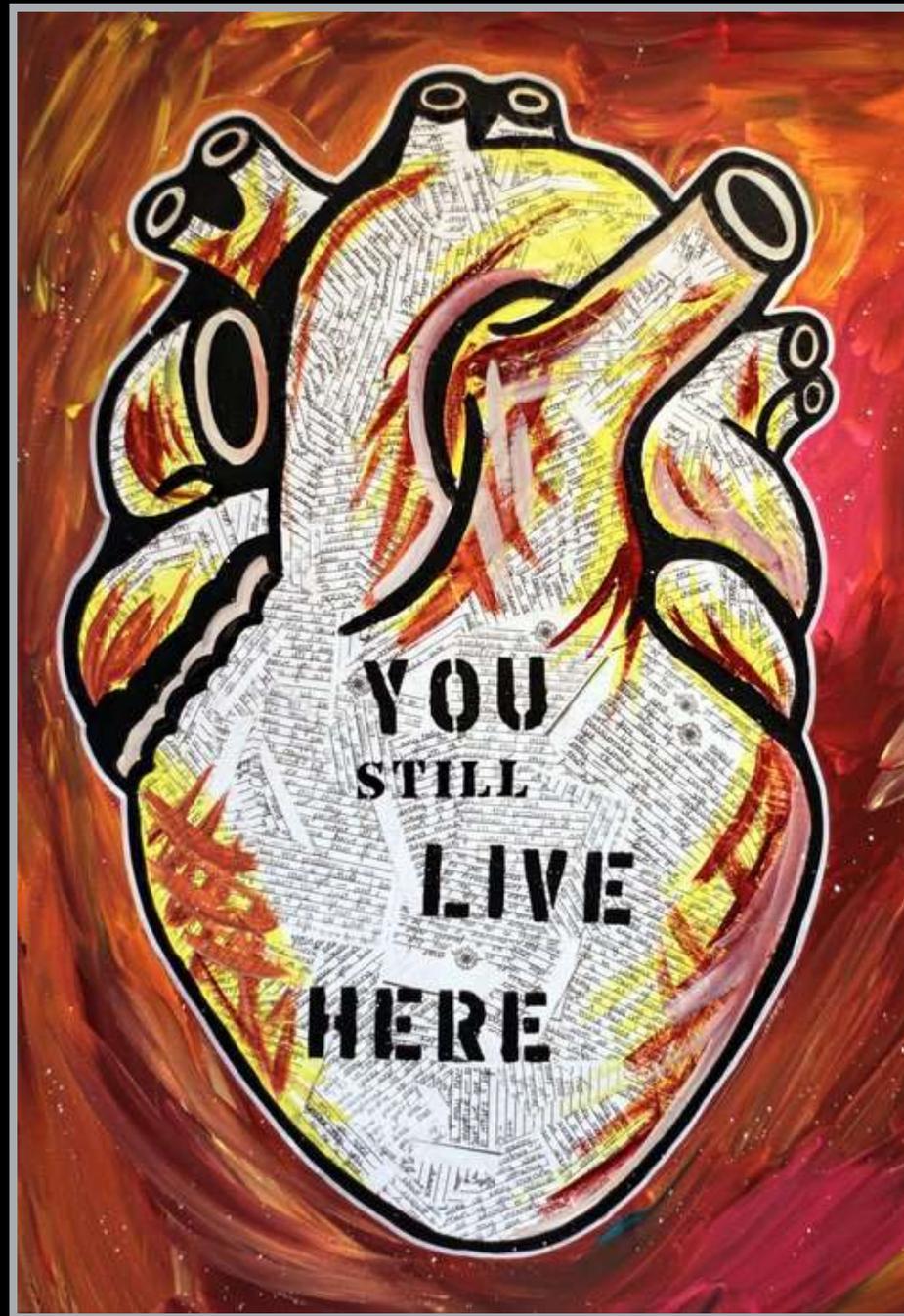
I Rise

Artist: Megan
Sharratt



You Still Live
Here

Artist: Megan
Sharratt



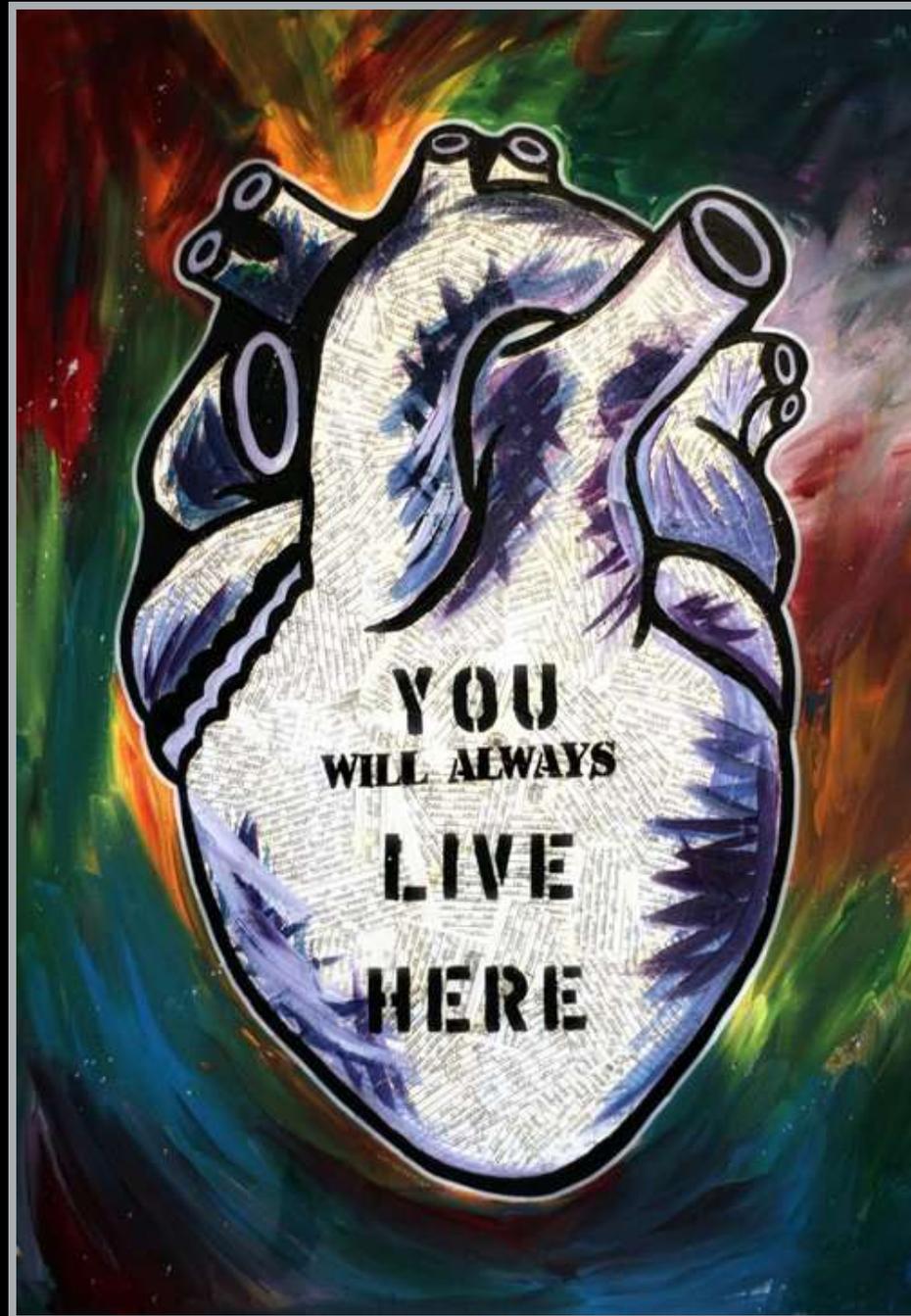
Warrior
Among Roses

Artist: Megan
Sharratt



You Will
Always Live
Here

Artist: Megan
Sharratt



Insomnia

Artist: Emily
Gacovino

She keeps you up at night
A monster of a different kind
Never in your closet
But always in your mind

You should be seeing black
Eyes closed, nothing near
Lights off, door shut
But all you see is fear

Listening to soft music
Always counting sheep
Many sleep to dream
But you just dream to sleep

Anxiety

Artist: Emily
Gacovino

She follows you everywhere
School, work, home
She hates when you're with others
And loves when you're alone

She shows up uninvited
Unwelcomed, unannounced
Unloved, unwanted
That's you they're talking about

Better safe than sorry
Not if, but when
Better stay inside
She will attack again

Panic

Artist: Emily
Gacovino

She pulls tears from your eyes
They roll down your face
Moves her hand to your neck
Can't escape the embrace

You choke, you scream
But no one can hear
You shake, you drown
Consumed by the fear

You can't feel your skin
The room spins around
You fall to the floor
Can't get up from the ground

Depression

Artist: Emily
Gacovino

She surrounds you
A cloud over your head
She locks you in your room
Won't let you leave your bed

Don't brush your teeth
Don't brush your hair
Don't wash your face
Or the clothes you wear

Your heart on your sleeve
Is that what you wear?
Do you love too much
Or not enough to care?

Self-Harm

Artist: Emily
Gacovino

She whispers in your ear
Use the razor blade
Make sure it's sharp enough
The pain will slowly fade

Draw on your wrists
Count the days you've been clean
Long sleeves in the summer
Scars are never to be seen

Emotional or physical
You don't know which hurts more
You suffer from them both
What are you living for?

Suicide

Artist: Emily
Gacovino

She gives you a gun
Depression's best friend
You take her by the hand
This can finally be the end

You write your letters
Give away your things
Say your goodbyes
See what tomorrow brings

So quick and painless
The weapon is drawn
This will make it better
You won't notice that I'm gone

Galaxy Man

Artist: Anna
Van Skike



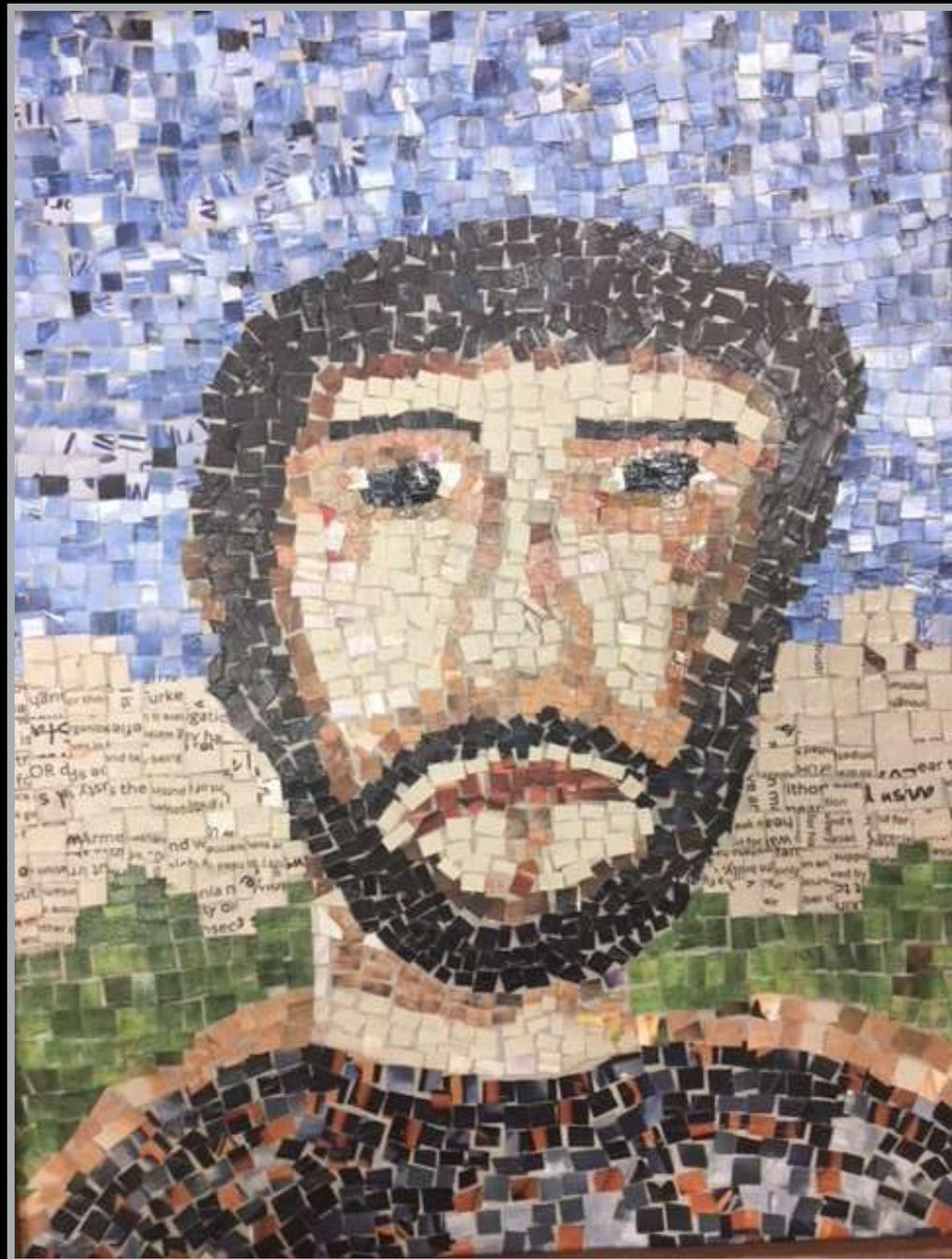
Harmony

Artist:
Anonymous



Peter in Pieces

Artist: Jackie
Hiaring



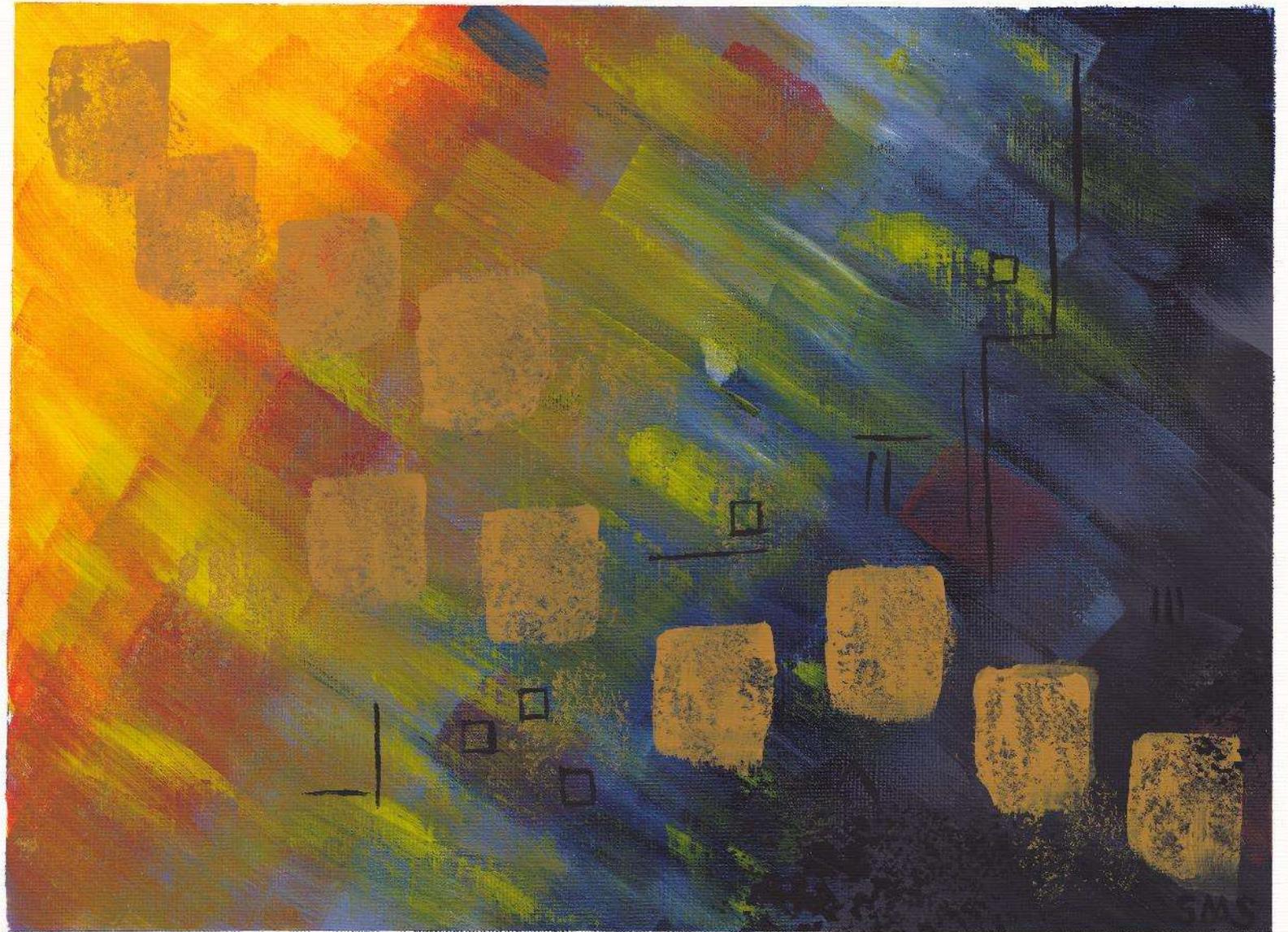
Night Sky

Artist:
Anonymous



Out of the Darkness Into the Light

Artist: Susan
M. Scott

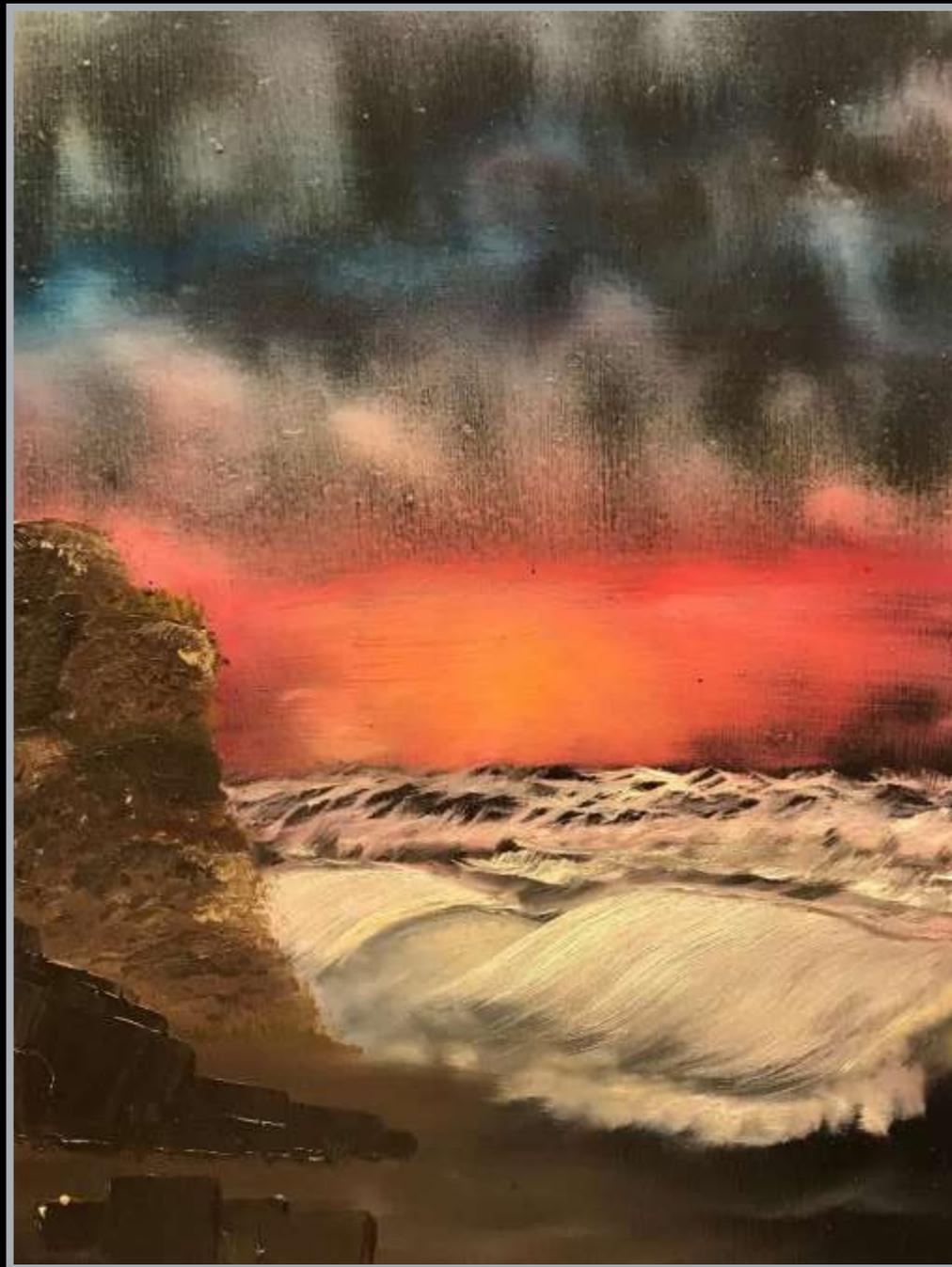


The Journey #3

2/14/15

Peace

Artist:
Anonymous



Sunflower

Artist:
Anonymous



Sunrise Brings Hope

Artist: Jay
Wilson



© Jay Wilson Photography

Wired to be
Balanced

Artist: Danielle
Castillo-
Blandin



Living with Mental Illness

Artist: Maria D.
Anguiano

Society has no idea how much I have to endure with my pain
The symptoms, the emotions- they drive me insane
The struggle to get up from bed every single day
The pain, the emotions- how I wish they would go away

I walk around feeling like an empty shell
Wondering if I will ever get out of this ugly hell
People judge me or they sympathize
Or they simply don't realize

Oh how I wish I didn't hear these voices in my head
Telling me that I am better off dead
I'd give anything to stop taking my pill
But yet I go back to the pharmacy for another refill

I'm lucky I have the support system I need
They have no idea of their good deed
Not all of us with mental illness are as blessed
We still deal with things alone, we're stressed

We'd give anything to be seen and heard
To have people read our stories word for word
To stop judging us and calling us crazy
Or psycho or mental or even lazy

We are more than what the doctor says we are
Yes, we struggle, but some of us will go far
I've stood up for those who didn't have a voice
I plan to keep speaking for those who have no choice

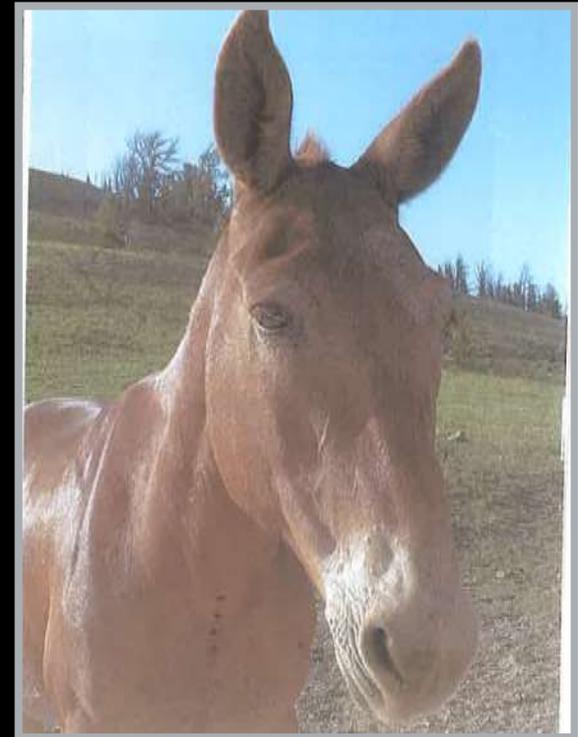
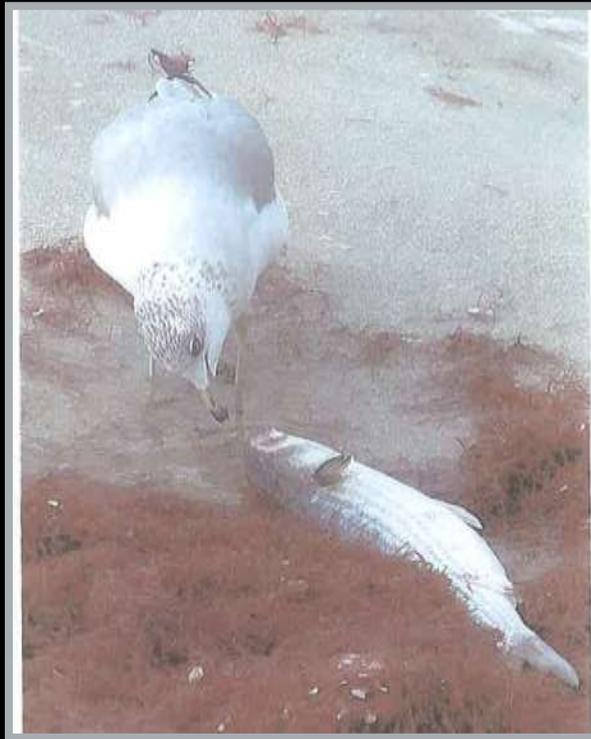
You don't like the words that I speak
Then you have no idea; you're weak
Those of us who fight this battle for who knows how long
We are brave, we are tough, and we are very strong

Nothing you say could ever make us cry
Nor make us want to end it all and die
We are mightier than your cruelty
Open your eyes, and then you will see

Artist: Marvin
Hanks



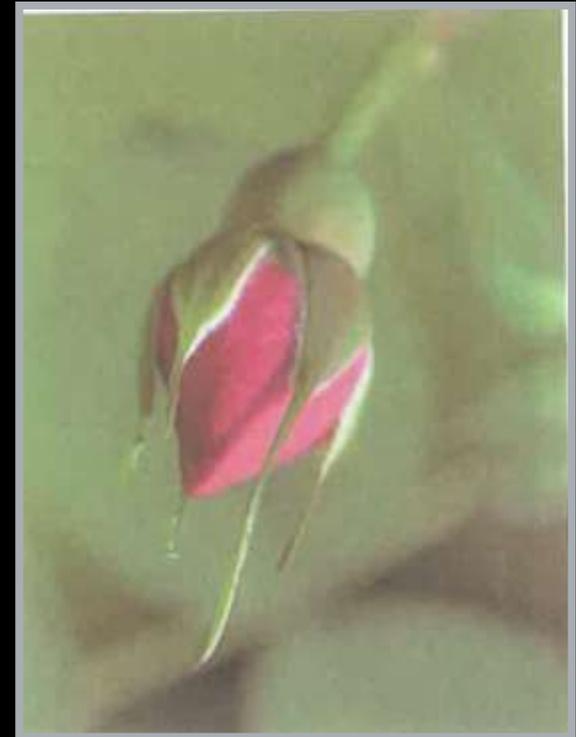
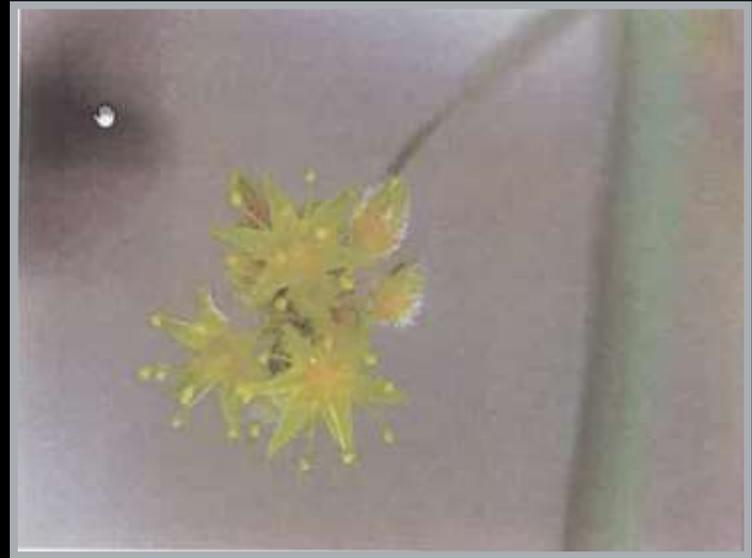
Artist: Marvin
Hanks



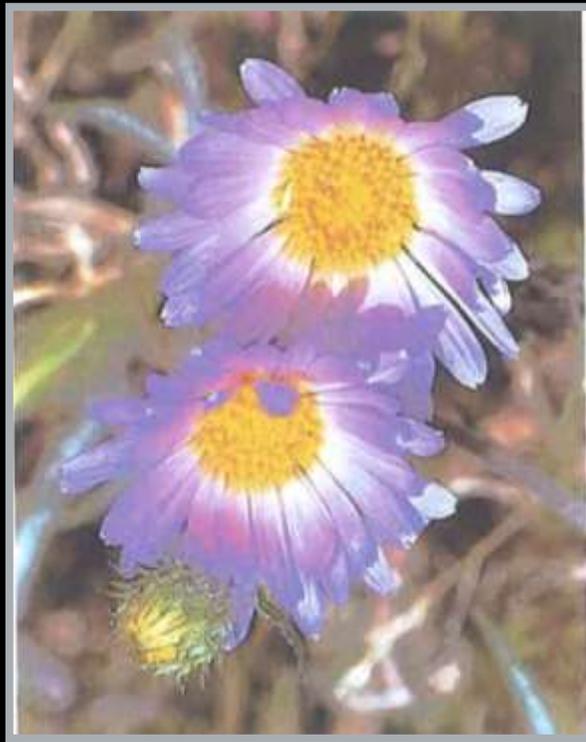
Artist: Marvin
Hanks



Artist: Marvin
Hanks



Artist: Marvin
Hanks



With the Best of Intentions

Artist: Paul
McManigal

Mother, I feel broken, without connections.

My mind is a puzzle to me, one where the pieces won't fit.

I am torn and alone, adrift within the night.

Hush my boy she said to me, and of this we won't speak again.

Let the silence take your world away, and it will all be as if it never was.

Father, I am lost and without hope or grace.

So, so weary and the world hurts me so.

I am afraid and without shelter.

Be strong my boy he said to me, and of this we won't speak again,

Let the silence soothe away your pain, and it will all be as if it never was.

Doctor, I am in ruin, empty and broken.

My soul lies in tatters, my perceptions a lie.

I am a shattered mirror reflecting too much.

Take these my boy, he said to me, and of this we won't speak again.

Let these pills be your savior, and it will all be as if it never was.

Artist: Paul
McManigal

