

## Mental Health

I'm telling you before you hear it somewhere else  
I don't know what is normal and I suffer mental health  
It doesn't take very much to throw me from my path  
I feel pain, I feel shame, and find it hard to laugh  
Some think I'm full of confidence and almost bulletproof  
If they knew the real me that is so far from the truth  
My tears and insecurities are just below the surface  
And many time a day I have to tell myself life's worth it  
I have to pluck up courage to step outside my door  
I wish a hole would open up so I could sink into the floor  
I don't have any money. I don't have that much life  
I do not have a girlfriend. I do not have a wife  
I have to make up reasons to carry on each day  
I have to make up reasons not to blow myself away  
I don't want you to judge me, I do that to myself  
I'm just a man without a plan that suffers mental health

By Lee Haigh