

PTSD

I didn't know I had this PTSD
No-one ever explained it to me
Just act normal that's what they would say
But we have to live with it everyday

No one knows what we are going through
We keep it to ourselves that's what we do
The memories, the thoughts are still there
They are all around us everywhere

We wake up in the middle of the night
Bad dreams, nightmares, it gives us such a fright
No one to hold or make us feel secure
We feel all alone and so unsure

It's an illness in our mind and our head
It haunts and
Fills us with fear and dread
We just wish it would disappear
But we know it will always be there

Our loved ones all suffer too
We push them out they don't know what to do
We should let them in and let them try
Because they sometimes sit down and cry

They don't want to say the wrong thing
Just sitting waiting for another mood swing
They walk on egg shells every day
Wandering what we will shout or say

There are people all around
Who don't know what we feel
They don't understand but to us it's real
We don't talk about it we keep it inside
It's something we block that we want to hide

It doesn't matter what trauma we had
We will think about it and may be feel bad
But we must pick ourselves up again
Cause life goes on just the same

There will be times when it does get tough
And you just might feel you have had enough
Remember family and friends will always be there
Because they worry and they also care

There is one place where you can go
It's your choice if you want it so
They understand what you are going through
It's called Hollybush and it's waiting for you