

Poetry Series

**Naomi Louise Short**  
**- poems -**

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## Naomi Louise Short(22/03/98)

Hello,

My name is Naomi Louise Short, I have been writing poetry since the age of 11. My poems are all about life and how hard it is to live with a Mental Health Label. I got hospitalized in 2015 and have worked hard to be in my recovery. So I hope you like my poems and can relate to them.

Thanks

### 3 Wishes

What would you do if you were granted 3 wishes?  
Would you use them to benefit yourself and be selfish?  
If I had 3 wishes I would....  
I'd use them to do good.

My 1st wish would be to stop hatred, conflict and war,  
and for there to be no pain anymore.

My 2nd wish would be for all countries, religions and all leaders to treat everyone  
equally and just.

This is a massive must!

And for all children and young people to have access to an education, and for this  
to be an obligation.

My 3rd wish would be, for vital services to never run out of money, because it's  
not good for society. And for everyone who needs help to access,  
no matter their religion, gender or race and for this to be a normal, equal  
practice.

Naomi Louise Short

# Alone

I am sitting here in solitary confinement,  
this will take some adjustment.  
There is no one to talk or turn to,  
me and myself will have to do.

sometimes being alone is ok,  
this is what some people say.

Me myself I like company  
but this is all a part of my journey!

Naomi Louise Short

# At Night

At night,  
the lamppost lights shine bright.  
At night,  
the cats come out to fight.  
At night,  
on the beach there are no kites.  
At night,  
the alleyways looks tight.  
At night,  
the moon becomes bright.

Naomi Louise Short

# Being In Foster Care

I've been in care since September the 8th 2003,  
all because no one can take care of me,  
not even my mammy or daddy.

I miss them very much,  
I just want to feel their closeness and touch.

Even though they were neglectful to me,  
I don't care because they are still my biological family.

Sometimes I wish I could have contact,  
but I change my mind and this is a fact.

Maybe one day soon I will see,  
what they really mean to me.

This is a poem about my family.

Naomi Louise Short

# Believe

If you have faith,  
You believe in something that will keep you safe.  
Believe in things will get you better,  
This is honesty not a texger  
See what you can achieve  
All you have to do is believe.

Naomi Louise Short

# Believing In Me! !

People wonder why I don't believe in myself,  
Because I have a low self esteem coz of what people have said to me.

Now I look back, I used to be so happy,  
but now look at me, I'm sat here writing depressing poetry because my life is so  
crappy.

My life is such a mess,  
I think life is some kind of test.

I WISH ONE DAY I CAN BELIEVE IN ME,  
THEN MAYBE I WILL BE HAPPY?

Naomi Louise Short

# Bullies Poem

Bullies, Bullies wake up inside,  
what would you do if your victim decided to die?  
You don't understand the pain that you cause,  
don't you know it can get you in trouble with the law?

The punches, the looks, the things that you say,  
they're all apart of bullying and have their own way.  
The people you bully PRETEND to be ok,  
but deep down inside all they want to do is hide and cry.

The words that you say is like scars on their heart! ,  
this sounds absurd to you,  
but it makes people feel torn apart.

Bullies, Bullies wake up inside,  
What would you do if your victim decided to die?

Naomi Louise Short

# Depression Poem

Depression, depression just go away,  
you make my day so gloomy and grey.  
I just can't deal with how you make me feel,  
if you go away it would just be ideal!

I hide away my feelings,  
I live a sperate life,  
all i have on my mind is cutting with a knife.

I feel sad, upset angry and confused all for no reason,  
i'd understand if i had been abused.

Depression Depression just go away,  
you make my day so gloomy and grey!

Naomi Louise Short

# Family

TO be family you don't have to be biological,  
to some people this may not seem logical.

A family is people who support, respect and love you,  
and are there for you when your feeling blue.

A family is the people who support you in the choices you make and the things  
you decide to do,  
and no matter what they're there for you.

**THIS IS THE TYPE OF FAMILY WE NEED IN SOCIETY!**

Naomi Louise Short

# Jaime's Leavin Poem

Your such a lovely person,  
your caring from the heart,  
youve been there from day one and I have had lots of fun.  
Youve been there from the very start but now it's time we part.

Your starting a new chapter,  
leading your life down a new path,  
I wish you all the luck in the world,  
from the bottom of my heart.

saying goodbye is the hardest thing to do,  
your going to be missed soo very much so please when you have time please  
stay in touch! !

Goodluck and Goodbye

Naomi Louise Short

# My Feelings

I feel angry, sad, and upset,  
there's lots of things I do regret.

I feel like I'm torn in 2,  
these feelings are nothing new.

I feel like I hate my life,  
is it because I feel lots of strife?

I feel like I'm such a fool,  
because I am really un cool.

Everyone my age goes out and has a good time,  
here's me on my own writing this stupid rhyme.

I feel like my lifes' a mess,  
is it because I'm in distress?

I have these feelings and lots more,  
sometimes I feel like I should of kept my mouth shut and locked the door,  
I just feel like myself is at war.

Naomi Louise Short

# My Regrets Of Mental Health

I am selfish just look at me,  
I don't give my nan and grandad time to themselves because I'm so gutsy,  
all I think about is me, me, me! !

Professionals say theres nothing wrong with me,  
if this is the case why am I like this?  
Are they just taking the piss?

This is my life it's not pretend,  
I can't keep living like this it must come to an end.  
I give up I can't do normal day to day things,  
I can't just see what each day brings.  
Sometimes I wish I could fly away if only I had wings! !

I'd let people have their space,  
I'd fly away to a different place.  
Where people understand me and my situation and are able to help me,  
then i'll come back feeling better and happy

It's not just me that it's affecting it's the people around me and this is very  
upsetting.  
I have had lots of help and i tried my very best,  
but look at me none of it has worked its just made me even more distressed! !

I just want it all to end,  
this is my life its not pretend! !  
all i want is to be happy is this to much to ask for?  
BECAUSE I DONT WANT TO BE OR FEEL LIKE THIS ANYMORE! !

Naomi Louise Short

# Relapse

Why do people hate people who self harm?

It's only a coping method to help us feel calm.

It's like an addiction we just can't stop, some of us do but we relapse and go back to it and think oh shit.

It leaves us scars which we cover so no one would know,  
but we only started because we was feeling low.

why do people hate people who self harm

we only do it to help us feel calm.

Naomi Louise Short

# The Real Her

She walks around the place,  
with a fake smile upon her face.  
She looks at her wrists and her cuts are hidden,  
as she knows that self harming is forbidden.

No one sees the real her,  
the feelings and thoughts she has do reoccur.  
Sometimes she wonders what people close to her would say,  
if they knew she cries each and everyday.

Her pain goes unnoticed,  
no one can tell,  
she looks like an angel,  
but she's living through hell.

Naomi Louise Short

# This Dark Empty Room

Sitting in this dark empty room, looking at the 4 bare walls,  
when I wake up I listen for the bird that calls.

Lexie (my doll) being here with me helps me not to feel alone,  
but that's why when she gets took off me I do moan.

being in hospital isn't the best place to be,  
but I understand that they are there to look after me.

Naomi Louise Short

# Tiny Footprints

When a man and a woman has unconditional love,  
they bring someone beautiful into this world,  
pure as a dove.

once they have grown and go through the milestones soon they will grow up and  
be wanting a mobile phone.

People in this generation don't understand the importance of family until it's too  
late, but having a baby brings family together, so it must be fate.

Naomi Louise Short

# Why I Write Poetry

I write poetry because it's how I express my thoughts and feelings,  
I try to write with lots of meaning.

I write poems all about life,  
especially about distress and strife.

Writing poems is what I do, mainly when I'm feeling down and blue,  
I guess it's something I have took to.

It gives me a sense of achievement and pride,  
It's the way I let go of the feelings I keep inside.

I write poems because I find it comforting,  
I'm only a beginner so my poems ain't that amazing.

If you have any ideas what I can write my poem about next or have any requests  
please let me no by inbox and all comments are much appreciated thanks for  
taking your time and reading! ! x

Naomi Louise Short

# Why? Poem

Why so people think that self harm is bad?

Why do people ask questions about my mum and dad?

Why is it that I hate my life?

When all I see is a girl holding a knife.

Naomi Louise Short

# You Know My Name And Not My Story

My name is Naomi,  
you know my name and not my story so why are you judging me!

I wish I was someone else I hate the way I am,  
but people don't seem to give a damn.

I worry about my future and the things I done in my past,  
I hope none of what I'm feeling lasts!

You know my name and not my story,  
I hope one day I can be happy! !

Naomi Louise Short