



## Dark Side of the Loon: Poetry

*Ben Lee Almond*

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## **Description**

I have been in and out of a lot of different institutions since the age of six. The first time I was admitted was to the Mary Burbury unit at Burnley general hospital. I have been to prison a few times, a few children's homes and many different types' of wards and psychiatric units.

After spending so much time in these places, I started to write poems about how I felt and what was going through my mind. I made lots of them flow and rhyme with long dark descriptive words which reflects where my head was at the time. I documented my experience with schizophrenic affective disorder and the results are profound.

I was into drugs heavily which took me to dark places. Some of my poems explain the negativity that they create and the nasty world around them when you take them. I have seen many people in prisons and hospitals with drug induced psychosis and been through to myself. I would love these poems in particular to serve as a deterrent for any one even thinking of trying drugs.

Some of these poems are here to give you an insight into drugs and the affects on mental health disorders that people experience, my self included. This book was mainly written as I was moved from one institution to the next and became a big part in my self counselling which has helped me greatly along the road.

## **About the Author**

Ben Lee Almond is 28 years old and was born in Blackburn and raised in Burnley.

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