

## “Of the depression” - A Poem by Dr Javed Latoo

When aquamarine skies look grey to our eyes  
 The stars no longer adorn the heavens or shine bright;  
 When the golden rays of sunlight disappear from the skies  
 The silver rays of the moonlight look like phantoms of the night.

When we feel imprisoned with no escape from this dark place  
 And dazzling beauty looks like an old wrinkled face;  
 When sorrowful eyes stare into a cold empty space  
 Oblivious of the beauty displayed on our loved one's face.

In this period we are neglected by the angel of sleep  
 The taste of our favourite food is appetising no more;  
 When we are drained of the sap of life and tend to weep  
 And the brain cannot concentrate anymore.

That state when the mind tricks us to believe we are worthless  
 The heart is eaten by the bug of guilt over the trivialness;  
 When we are overwhelmed by hopelessness  
 All consolations about the future seem only fruitless.

When we no longer enjoy the company of our loved ones  
 Isolate from the things we would normally enjoy;  
 Overwhelmed by the feelings of being down in the dumps, once  
 Minor bumps become boulders difficult to navigate and destroy.

When our minds ruminate about the past and future, furthermore  
 Reassurances don't dampen the worrying cognition;  
 When life does not seem to be worth living anymore  
 And we start getting fleeting suicidal ideation.

Remember that this dark cloud of despair we feel  
 Is an ailment called depression and not a curse; and be aware  
 It is a transitory period rather than an everlasting phase or ordeal  
 Treatment and recovery are available from the experts who care.

### Author Details

Dr JAVED LATOO MBBS DPM MRCPsych, Consultant Psychiatrist and Honorary Lecturer, 5 Borough Partnership NHS Foundation Trust, Hollins Park, Hollins Lane, Warrington, United Kingdom.  
 email: javedlatoo@gmail.com