**Understanding Self Harm – a Service User’s Voice**

Poems written by Emma Stadon reproduced with permission. Published in Who Am I? part of the Healing Poetry Project 2018

**One Little Moment**

a moment of sharpness hatred and pain

is an hour of joy

thirty minutes of lust

twenty minutes of relief

ten minutes of relaxation

five minutes of worry

two minutes of guilt

and a lifetime of scars

I want to scream

I want to shout

I want to let this misery out

I want to cry

I want to feel

But most of all

I want to heal

**Love Letter**

to me you’re like a drug

addictive

to me you’re a bad habit

it never goes away

to me you’re my angel

always a helping hand

to me you are everything

not just a blade in hand