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When the Days and Nights

ANONYMOUS

From *In a Nutshell: Mental Patients Association Newsletter*,
vol. 3, no. 7 (1975).

When the days and nights are panic-
filled with unknown fears and dread;
When anxiety keeps mounting
Till you wish that you were dead;
When your insides won't stop trembling,
And your thoughts won't go away,
Come on down to where there's comfort
From the group at M.P.A.

You can sit and have a coffee,
Shoot a game or two of pool,
Talk to Stan or Fran or Nancy,
Bill or Phil or Barry Coull.
You can do work on the Nutshell,
Learn some carpentry from Len;
Join a group of women's libbers,
(Or another group, of men).

Help contribute to the meetings,
Which are scheduled for each day;
Join the drama group rehearsing
On an interesting play;
Take a bus ride in the country,
Or a trip to Crease to see
Friends who haven't yet quite made it
Back "outside" like you and me.

If we all can work together
 In this warm society
 We'll eventually make it
 In the straight community.
 We'll forget our past of freakouts
 And forever being uptight;
 All the rough times will be over
 And the future will be bright.

Source: http://www.caringminds.ca/wp-content/uploads/2018/05/IN_75_3-7_MPA_poem.pdf. The poem is reprinted in *BC Studies* with permission from MPA Society – Vancouver.

See also: Caring Minds, Teaching Unit II, Self-Determination and Activism, Lesson 2. Organizing for Change, Student Resources: 2A Community Action: “When the Days and Nights,” Poem, *In a Nutshell*, 1975, 3, 7. Caring Minds is an affiliated project of Open Doors / Closed Ranks: Locating mental health after the asylum, The History of Madness in Canada website (<http://historyofmadness.ca>), and Healthy Youth in a Healthy Society (<https://www.uvic.ca/research/centres/youthsociety/>), *Youth and Mental Health: Addressing Stigma and Discrimination through Community-Informed Curriculum*, Megan J. Davies and E. Anne Marshall, 2009. Details about *In a Nutshell* and the Mental Patients Association of Vancouver, founded in 1971, can be found on the “After the Asylum” project web pages, Virtual Exhibit [Peer Support & Activism, MPA – An Utopian Experiment]. Online: <http://aftertheasylum.appsor.yorku.ca/en/>.