



# Silent killers - The shadows inside of us

*Alta Oosthuizen 2022*



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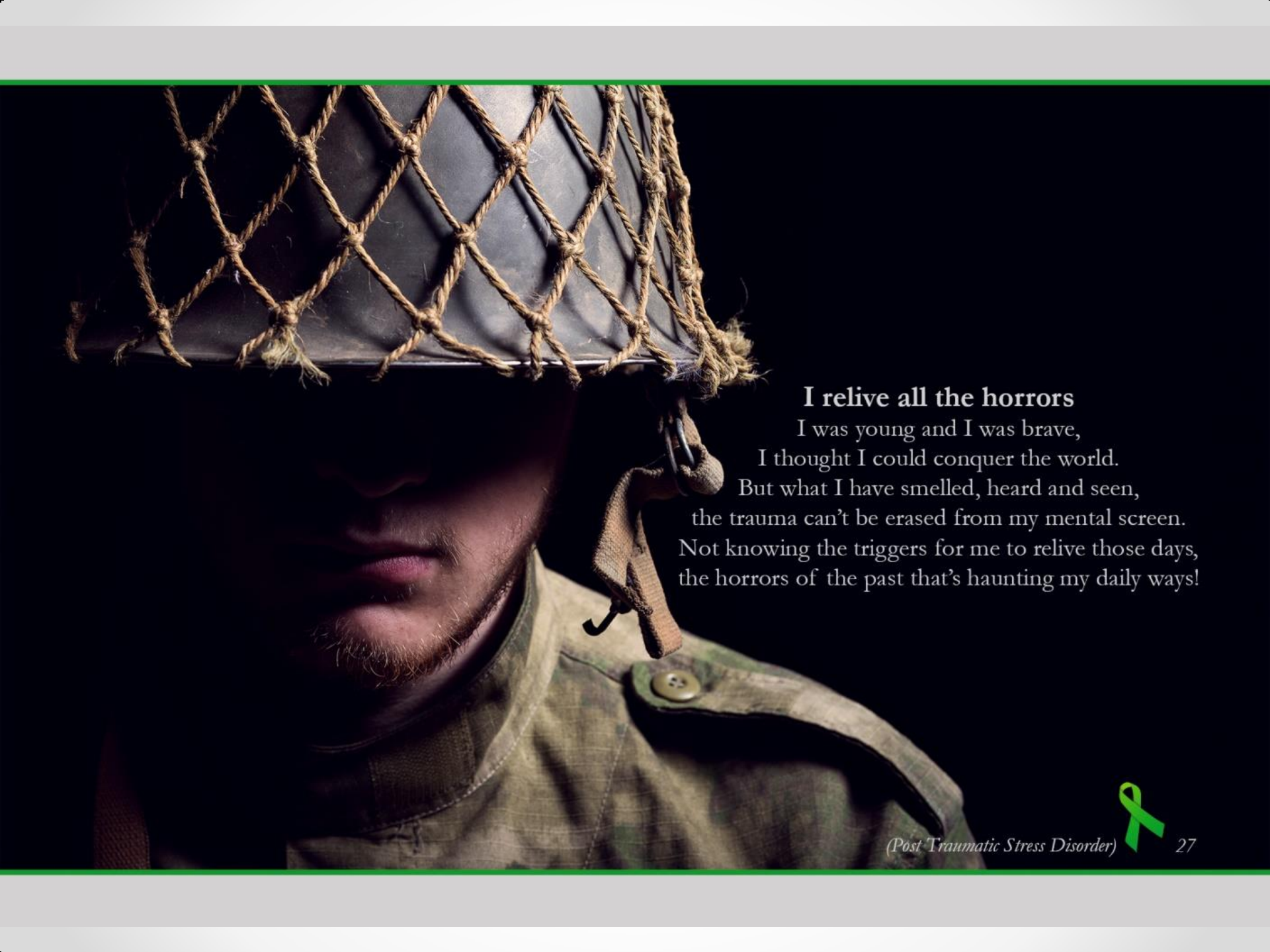
## Something may hide

Mental health is part of us all,  
the impact on our lives definitely not small.  
Each of us has a disorder that hides,  
time and events, an incident decides.

As time passes by, be thankful when you're spared,  
if mental illness strikes, you'll never be prepared!

*(General Mental Health)*





### **I relive all the horrors**

I was young and I was brave,  
I thought I could conquer the world.  
But what I have smelled, heard and seen,  
the trauma can't be erased from my mental screen.  
Not knowing the triggers for me to relive those days,  
the horrors of the past that's haunting my daily ways!

*(Post Traumatic Stress Disorder)*







## **Personalities in my head**

The person that you see,  
is not all there is to know.

Much more than just the one,  
many personalities, anything but fun.  
Hiding in my head, dictating what I do,  
the real me was crushed,  
unable to break through!

*(Dissociative Personality Disorder)*

