

# Trick or Treat? Well-Being in the Street

Word on the street falls slightly left, off-beat, when you hear the term:  
*Community Well-Being*.

The tail-end of Mental Health Week left many people yet to speak,  
About the blind-spots that prevent us truly seeing.

An epic list of 404, mental disorders now stand tall,  
In a culture built on psychiatric cred,  
But with suicide still headstrong, there's certainly a lot wrong,  
If we write-off all other conversations said.

At GASHE we never shy away from what all people have to say,  
Especially in favour of the truth.  
And this truth without bending, is a host of never-ending tales of life:  
Authentic, vulnerable, uncouth!

*Community Well-Being?* What's it feel like in your dreaming,  
When we stand linked arm-to-arm and seek to care?  
The difficulties, idiosyncracies, our trials, triumphant symphonies?  
When extra shoulders lessen burdens that we share.

This is not about the quick-fix, this is trading one-for-all tricks,  
In a dialogue promoting mental health,  
When we're standing less than tall, tucked behind the black eight ball.  
When humanity's compassion is its wealth.

So do you ever stop to wonder, what's drowned out by all the thunder,  
Of a health care system driven by the drug?  
If you could choose to win or lose, in the face of 'I Refuse,' dismiss the label,  
dare to give the rug a tug?

Could we tame the marching band of the voice that's in command,  
Which in theory is a scientist's delight?  
And instead invent our own rules, based on ground rules, found on no rules,  
but ultimately to rally Human Rights?

If you were given the big task, to reconfigure what has past and re-invent the  
term, *Community Well-Being*,  
What choices would you make? What rules you'd need to break, to state  
what's *real* and what's in need of some un-doing?

I introduce you to this space scribbled in an urgent pace,  
To call you all to redefine communal *Well*,  
From our depression and our grief, all our anger and relief, when we break the  
code defined by a *label*.

When we embrace the truths we know, of what's in need for us to grow,  
Collectively transform *Well-Being* of our species,  
Not with 'alternatives' that 'compliment', the science of 'discombobulate',  
But with Arts accepting all our broken pieces.

In this space you will find, articles about the mind,  
Along with body, soul and all that lies between.  
Written with conviction, notwithstanding all the friction,  
That can come when we acknowledge the unseen.

Expect to read *real* stories, of lifestyle's bathed in glories, of *really* what *real*  
people face each day.  
With the intention of expanding; redirect the reprimanding that would rather  
keep our foibles out at bay.

Read what 'experts' have to say, an analyst's unusual day and special  
updates on health policy reforms.  
A showcase of the alchemy; artist's trauma painted history,  
And tips for yogic calms within the storms.

'Cos if we're talking 'bout our Lifestyle, we can only do it freestyle,  
Less we forget all of the parts that make us whole.  
And if want to revolutionise, our mental health that's in demise,  
We might as well reach for our highest goal:

*Realise the gift of media as remedy for mass hysteria,  
And re-write a better picture of the street,  
By voicing the community, reflective of true unity,  
And drum to chorus our collective beat.*

Watch this space for monthly articles on Community Well-Being.  
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