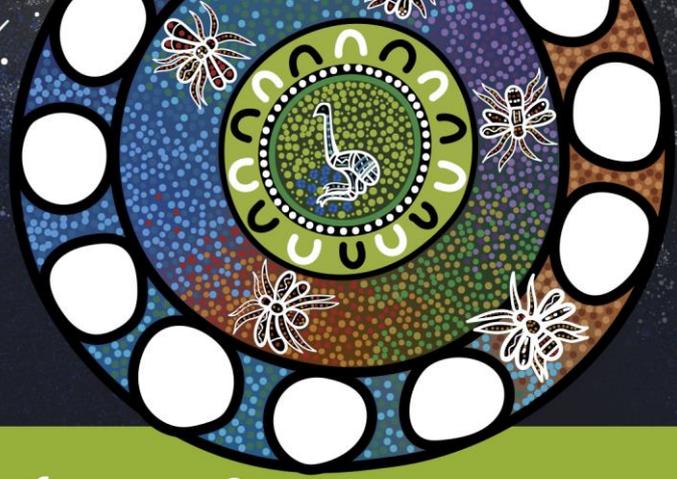




**HealingFoundation**  
Strong Spirit • Strong Culture • Strong People



## Queensland Healing Strategy

# What does healing look like for you?

### I AM (POEM)

#### Anonymous

I am haunted  
Haunted by the memories  
A smell, a sound, a phrase, a song - life - can remind me of times I'd rather forget  
The memories live everywhere in my world  
And there is no escape

I am loved  
Loved but feel that I am a burden  
A burden but they are still here, somehow  
When I expect them to leave, to shout, to be hateful, to reject me  
They don't, they respond always with love  
And I feel undeserving but I am grateful

I am frustrated  
Frustrated because it's so hard to find help  
Help that isn't racist or insensitive  
Help that is accessible

I am trying to seek help to heal  
But I don't want to deal with...  
... being called "ATSI" and labelled as a "complex case"  
Because I try to tell a doctor that my spirit feels weak  
... being told to "get over it"  
Because if I could do that I would have done it already  
...being hand balled from one service to another  
Because I don't fit into their boxes  
...being "ineligible" for the support I need  
Because I can't afford it

I am not healed but I am hopeful  
Hopeful that I will be free from this torture  
I am not healed but I am trying  
Trying to find a way to heal

