

## ABSTRACT

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Title: *After the Fire Comes the Rain: A Collection of Poems Exploring Characters Confronting Mental Illness*

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This collection of poems explores characters confronting mental illness. The collection explores various stages of mental illness, from newly diagnosed and having only limited knowledge and understanding of the illness, to the heart-wrenching highs and lows that come in the middle of these disorders, and somehow, hopefully, to learning how to live day to day with a mental illness. The collection presents different mental illnesses and the ways they affect people and their loved ones. Some of the topics the poems address are bipolar disorder, depression, obsessive-compulsive disorder, anxiety disorder, psychosis, self-mutilation, and psychiatric hospitalization. Some poems are presented in first-person while others are presented in secondperson or third-person, which offer the reader a more encompassing experience of the subject of this collection.