

One Day Everything Went Dark
by Hollie Birch (Year 9)

Pitter patter was all to be heard. The noise swallowed me up, let me escape the intrusive thoughts that lingered in my mind, never thinking once to leave. Sat in the shower was me. I bet I look broken beyond repair; I think I am. I don't want to be like this! I want it all to stop. Just to smile once more while the wind whips through my hair as I plummet to a place of tranquility; where I can rest.

As the steaming water touched my broken skin, it sent a pang of pain with every droplet. It stung. But the pain is like a drug to me now; addictive. I wouldn't be able to stop now even if I wanted to. It's like my woes are released from my body so that I don't take any more damage to my mind because if I do, I might just shatter.

I sometimes wonder how it was like to feel something other than being numb. All the pain has caused permanent damage now, I don't even feel sad. My eyes water without my permission while my hands tremble with no incline to stop.

It was never my intention to kill her... I never meant to kill my soul. My happiness and hope drained from me just like when you empty a bath. I guess my body became uninhabitable for the joy that everyone was meant to have. However along with that, a dull and foggy mist clouded my mind ever since. Leaving me to feel empty.

Something in my head snapped. Today was the day that all the pain and suffering will be gone - it'll all be over, finally! It's not like I wanted to do this; I needed to. I just feel like a burden to all. I could never tell a soul about how I truly feel. They'd just laugh or say 'stop being over dramatic'.

I can't cope with the fake friends who call me 'beautiful' or say they're 'jealous of me' because if they knew what went on in my head, they'd run a mile. So as I sat on the edge ready to fall. Ready for it all to go away. Ready for the wind to whisk me away and take me to neverland; a place where I can learn to draw the happiness that filled me to the brim a lifetime ago, back in. That's when I met a person who let a glimpse of light into my tonal view on the world. I met you...

"Hey!" a deep voice pierced through the loud thoughts that raced through my mind. "HEY" it called again only this time closer and with a little more emotion. The kind of emotion that no one had shown me before, almost like they cared. Tentatively, I glanced to my side. My flushed cheeks, cold from the breezy night, were on show along with the tears that stained them. The person who stood just a few feet must have seen this and cautiously took a step forward. They asked me a question that no one had asked me before; "Are you ok?". I wasn't entirely sure how to answer, I was taken aback by the lovingness that this stranger's eyes held. I stayed silent as I shifted my gaze back out to the ink that covered the atmosphere.

"Look... I know this may feel like this is the only way to stop the hurting right now, but I can promise you that once this storm passes the light will come back into focus." Their tender voice spoke out to me once again. It made me feel like I had a purpose again. "Just come down from the edge, you can talk to me and I'll listen to all your troubles" their voice sounded welcoming, like they wanted me to stay. I managed to croak out "okay" in a raspy and hoarse voice that was barely above a whisper. The person took a sigh of relief and the pained face that I wore soon turned into one that mirrored theirs. The person came closer and offered a hand. They helped me down from the ledge.

I will forever be in debt to the mystery person who saved my life; I am so grateful that you showed me that there is more to life than glum and rain. There's sun and jubilation - maybe even a rainbow if you search hard enough.

To the person who saved me, thank you! I will never forget the kindness you showed me.

You are my hero.