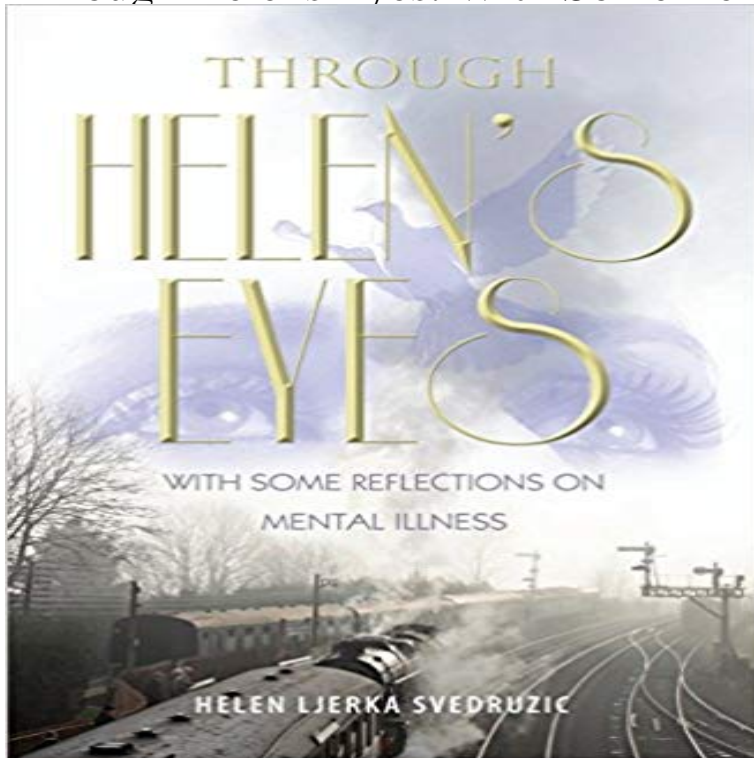


## Through Helens Eyes: With Some Reflections on Mental Illness



A small percentage (10%?) of those in the helping professions often develop gifts beyond mans five senses. These gifts are restricted to those of pure intent, as light and darkness cannot occupy the same space. I first met Helen, a psychiatric nurse, several years ago at the hospital where we both work. She captured my heart the first time I met her, and I have enjoyed and treasured her friendship ever since. Entertain an angel with me as nurse Helen shares many of her delightful poems and personal writings, as well as tribulations suffered by patients with mental illness. -Joan-Theresa Goliboski This is Helens first book. Her goal is to humanize the mentally ill. Many individuals with a mental illness have a sense of humour and a unique personality. To work with the mentally ill, you need to be accepting, non-judgmental, assertive, kind, and loving. Helens inspiration for poetry comes from listening to music or allowing herself to dream of perfect love. An old proverb says, Every human being needs to raise a child, plant a tree, and write a book. Helen has done all three. Helen immigrated to Canada from Croatia alone at age twenty-one with a nursing diploma and very little English. With a positive attitude and a good work ethic, she integrated well into her new culture. She has worked as a nurse in various roles in the past forty years. Her expertise and love have been for psychiatry and the care of the mentally ill. Helens biggest accomplishment was raising two children. Now she loves to cook for her family, her friends, and especially her four grandchildren. She also loves to travel, golf, and dabble in writing. She lives in Ancaster, Ontario.

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