




UNHEARD

THE VOICE OF THE VOICELESS

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The purpose of this zine is to emphasize the necessity of mental health resources and raise awareness. This is often especially problematic for minor seeking support for their struggles with mental health. Highlighting this and detailing the effects of letting it go unresolved can hopefully bring some light to the severity of inaccessible mental help.



DROWNING

He's drowning alone
and he can't make a sound
He's trying, he's trying
but people around
Don't see him, don't hear him
don't care that he's down

Cuffs wrap 'round his wrists
and up floats the key
He grabs but he misses
it's too far to reach
No light to shine on it
Bystanders don't see

He's drowning,
he's drowning,
and no one's around.

He's drowning,
he's drowning,
it's too hard to breathe.

His teachers don't see him
they're busy with others
His parents don't listen
his dad blames his mother
The counselor tells him
he needs to try harder

He reaches for help
hopes to find a hand
but finds empty air
he's too far from land.
Will he ever see
his parents again?



He's drowning,
he's drowning,
too deep in the water.

He's drowning,
he's drowning,
he knows he can't win.

D R O W N I N G



D R O W N I N G

LIGHT IN DARK

ELLA WHEELER WILCOX

Ella Wheeler Wilcox was an author known for her spiritual and optimistic poetry. Her most famous works are *Poems of Passion*, a collection of her poetry, and *Solitude*, a poem inspired by a widow.



She grew up lower-class reading newspapers for fun. At age 8, she began writing poetry, and at age 13, she published her first poem in a newspaper to try and get a free copy of it.

Her spirituality came from the death of her husband. They had promised that whichever of them died first would send a sign to the other after death. Stricken with grief, Wilcox taught about spiritualism. She claimed to successfully contact him before she died of cancer on October 30, 1919.

**"THE TRUEST GREATNESS LIES IN BEING KIND,
THE TRUEST WISDOM IN A HAPPY MIND."**

ELLA WHEELER WILCOX

SOLITUDE

Laugh, and the world laughs with you;
Weep, and you weep alone;
For the sad old earth must borrow its mirth,
But has trouble enough of its own.
Sing, and the hills will answer;
Sigh, it is lost on the air;
The echoes bound to a joyful sound,
But shrink from voicing care.



Rejoice, and men will seek you;
Grieve, and they turn and go;
They want full measure of all your pleasure,
But they do not need your woe.
Be glad, and your friends are many;
Be sad, and you lose them all,—
There are none to decline your nectared wine,
But alone you must drink life's gall.

Feast, and your halls are crowded;
Fast, and the world goes by.
Succeed and give, and it helps you live,
But no man can help you die.
There is room in the halls of pleasure
For a large and lordly train,
But one by one we must all file on
Through the narrow aisles of pain.



ELLA WHEELER WILCOX

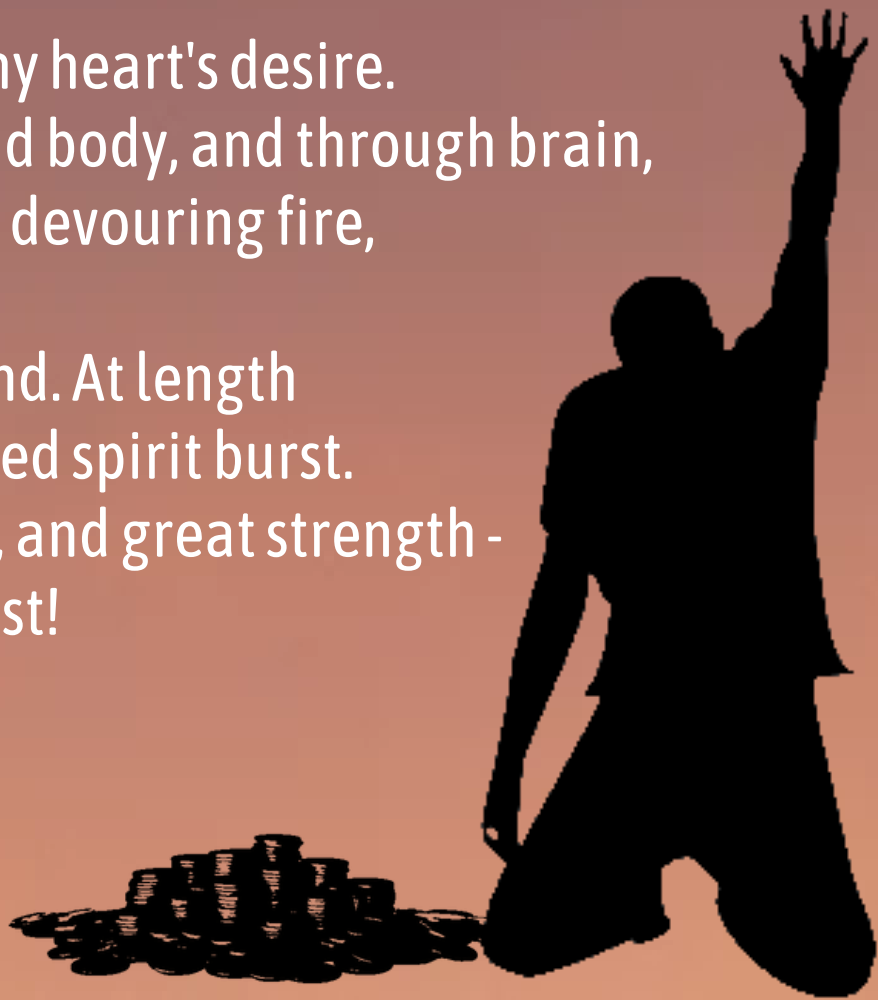
ANSWERED PRAYERS

I prayed for riches, and achieved success;
All that I touched turned into gold. Alas!
My cares were greater and my peace was less,
When that wish came to pass.

I prayed for glory, and I heard my name
Sung by sweet children and by hoary men.
But ah! the hurts - the hurts that come with fame.
I was not happy then.

I prayed for Love, and had my heart's desire.
Through quivering heart and body, and through brain,
There swept the flame of its devouring fire,
And but the scars remain.

I prayed for a contented mind. At length
Great light upon my darkened spirit burst.
Great peace fell on me also, and great strength -
Oh, had that prayer been first!

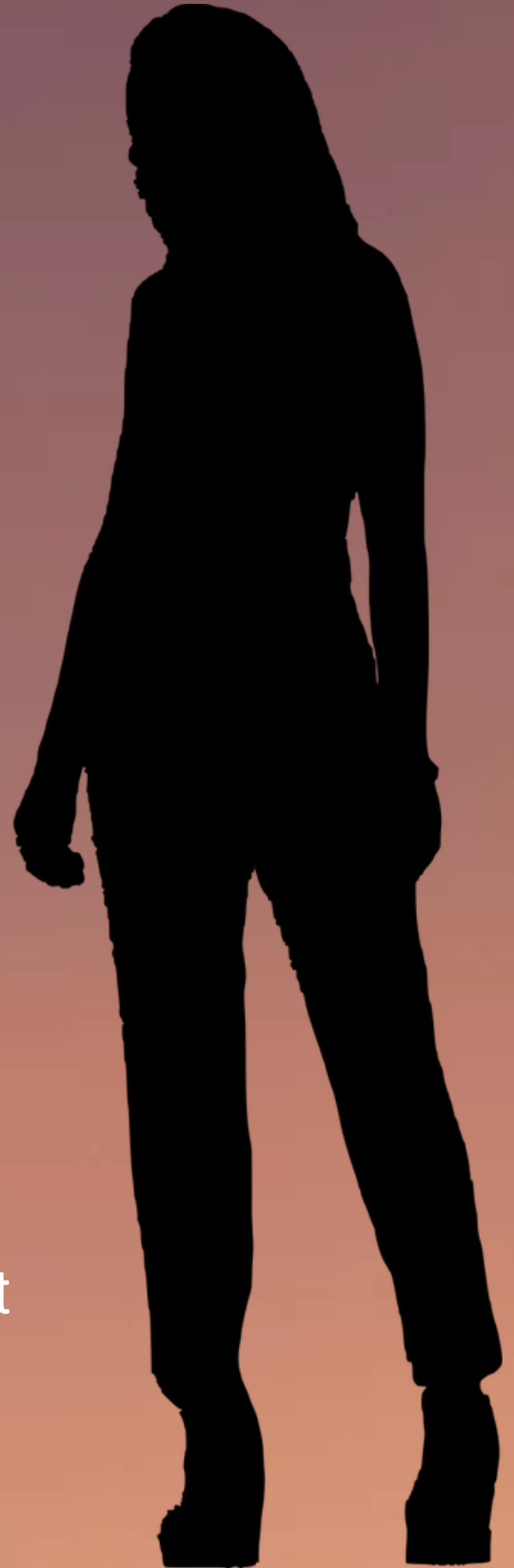


CONTRIBUTORS

JOY CHEN XU

Joy Xu is a queer Chinese-American and a Philadelphia native. They are currently a junior attending the Science Leadership Academy at Beeber. They are the sole contributor to *Unheard*.

Growing up, Xu often struggled with their mental health and their experience seeking help for it has led them to value accessibility to mental health resources for disadvantaged people and minors especially. With this zine they hope to spread awareness about this issue with hopes of highlighting the severity of the situation as well.



ARTIST'S STATEMENT



The purpose of this zine is to emphasize the effect that inaccessible mental help has, with a focus on minors. My poem is based on how that kind of isolation feels for a teenager, while my collage offers a visual. The use of silhouettes in the zine itself is used to represent how victims of this problem are unknown and thus unheard.

I based my poem on Maya Angelou's "Weekend Glory." I took inspiration from her poem by incorporating aspects such as the imagery, rhyme scheme, stanza structure, and rhythm.

My creative submission is a collage that represents being suffocated by your mental instability and feeling helpless, described in "Drowning." The collage depicts it literally, with a hand reaching out in the water to a key floating too far. The word "drowning" is hazy in the background to represent being unheard and indistinct laughter is in the sky, showing the apathy of those around the protagonist.

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