



# **When Pain Has Stained a Peaceful Heart: A woman's poetic voice tells of heartbreaking mistreatment in our mental health system**

*Ann Henry*

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Ann Henry had a close-knit family, a normal childhood, and a strong sense of identity. Although she had been healthy for most of her life, at the age of 27, she was stunned to be diagnosed with bipolar disorder. And so began a fifteen-year journey regaining her mental health, despite the many pitfalls of our mental healthcare system. *When Pain Has Stained a Peaceful Heart* is based on the true story of Ann's devastating loss-the loss of her sanity, her voice, and her dignity-and how she fought to regain control over her life with courage and faith. In poetic form, Ann shares the trauma of her experiences in the mental health system through the rhythm of her words and the depth of her emotion. This is an important book not only for those in the mental health profession but also for those who suffer from mental illness and their families by providing an insider's view of the often chilling reality of treatment facilities. *When Pain Has Stained a Peaceful Heart* is honest, hard-hitting, and beautifully expressed. "Ann Henry leaves me questioning our mental health system and the further damage done to individuals in an attempt to 'help' them and their families." -Cynthia Barrios-Woodward, Licensed Marriage and Family Therapist. Ann Henry wrote *When Pain Has Stained a Peaceful Heart* in an effort to help shine some light on the realities of the mental health system. As an artist, writer, and now author and poet, Ann opens up and shares some of her deepest wounds in an effort to help educate the general public about atrocities within a system meant for care.

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