

the 1990s, the number of people with a mental health problem has increased in the UK, and the number of people with a mental health problem who are in contact with mental health services has also increased (Mental Health Act 1983, 1997).

There is a growing awareness of the need to improve the lives of people with a mental health problem, and to reduce the stigma and discrimination that they experience. This has led to a number of initiatives, including the development of self-help materials, the establishment of self-help groups, and the development of self-help programmes.

Self-help programmes are designed to help people with a mental health problem to manage their condition, and to improve their quality of life. They can be used by people who are in contact with mental health services, and by people who are not in contact with mental health services. Self-help programmes can be used in a number of ways, including as a supplement to professional help, as a primary source of help, and as a means of preventing a relapse.

Self-help programmes can be used to help people with a mental health problem to manage their condition, and to improve their quality of life. They can be used by people who are in contact with mental health services, and by people who are not in contact with mental health services.

Self-help programmes can be used in a number of ways, including as a supplement to professional help, as a primary source of help, and as a means of preventing a relapse. Self-help programmes can be used to help people with a mental health problem to manage their condition, and to improve their quality of life.

Self-help programmes can be used to help people with a mental health problem to manage their condition, and to improve their quality of life. They can be used by people who are in contact with mental health services, and by people who are not in contact with mental health services.

Self-help programmes can be used in a number of ways, including as a supplement to professional help, as a primary source of help, and as a means of preventing a relapse. Self-help programmes can be used to help people with a mental health problem to manage their condition, and to improve their quality of life.

Self-help programmes can be used to help people with a mental health problem to manage their condition, and to improve their quality of life. They can be used by people who are in contact with mental health services, and by people who are not in contact with mental health services.

Self-help programmes can be used in a number of ways, including as a supplement to professional help, as a primary source of help, and as a means of preventing a relapse. Self-help programmes can be used to help people with a mental health problem to manage their condition, and to improve their quality of life.

Self-help programmes can be used to help people with a mental health problem to manage their condition, and to improve their quality of life. They can be used by people who are in contact with mental health services, and by people who are not in contact with mental health services.

Self-help programmes can be used in a number of ways, including as a supplement to professional help, as a primary source of help, and as a means of preventing a relapse. Self-help programmes can be used to help people with a mental health problem to manage their condition, and to improve their quality of life.

Self-help programmes can be used to help people with a mental health problem to manage their condition, and to improve their quality of life. They can be used by people who are in contact with mental health services, and by people who are not in contact with mental health services.

Self-help programmes can be used in a number of ways, including as a supplement to professional help, as a primary source of help, and as a means of preventing a relapse. Self-help programmes can be used to help people with a mental health problem to manage their condition, and to improve their quality of life.

Self-help programmes can be used to help people with a mental health problem to manage their condition, and to improve their quality of life. They can be used by people who are in contact with mental health services, and by people who are not in contact with mental health services.

Self-help programmes can be used in a number of ways, including as a supplement to professional help, as a primary source of help, and as a means of preventing a relapse. Self-help programmes can be used to help people with a mental health problem to manage their condition, and to improve their quality of life.

Self-help programmes can be used to help people with a mental health problem to manage their condition, and to improve their quality of life. They can be used by people who are in contact with mental health services, and by people who are not in contact with mental health services.

Self-help programmes can be used in a number of ways, including as a supplement to professional help, as a primary source of help, and as a means of preventing a relapse. Self-help programmes can be used to help people with a mental health problem to manage their condition, and to improve their quality of life.



SINAN SÜLÜN • **Karahindiba**

SINAN SÜLÜN 1980'de İstanbul'da doğdu. 2002'de İstanbul Üniversitesi İktisat Fakültesi'nden mezun oldu. 2002-2005 yılları arasında Marmara Üniversitesi Sosyal Bilimler Enstitüsü İletişim Anabilim Dalı'nda eğitim gördü. *Zıplıstanbul* ve *Hayvan Kültür Sanat Dergisi*'nde editör olarak çalıştı. *Birikim*, *Atlas Tarih*, *İstanbulArt News*, *Psikeart*, *Notos*, *Egoistokur* ve *Ot* gibi birçok dergi, gazete, internet sitesinde yazıları, hikâyeleri yayımlandı. İlk kitabı *Karahindiba*'da (2011) yer alan aynı isimli öykü 2014 yılında Mask-Kara Tiyatrosu tarafından oyunlaştırılarak sahneye taşındı. İkinci kitabı ve ilk romanı *Kırlangıç Dönümü* İletişim'den 2015'te yayımlandı. Çeşitli şirketlerde öğretmen ve danışman olarak çalışan Sinan Sülün, halen "Hikâye Anlatıcısı" olarak eğitimler vermeye ve kurumlara danışmanlık yapmaya devam etmektedir.

Sel Yayıncılık, 2011-2015 (6 baskı)

İletişim Yayınları 2346 • Çağdaş Türkçe Edebiyat 393

ISBN-13: 978-975-05-2007-5

© 2016 İletişim Yayıncılık A. Ş.

1. BASKI 2016, İstanbul

EDITÖR Levent Cantek

KAPAK ve İLLÜSTRASYONLAR Seda Mit

UYGULAMA Hüsnü Abbas

DÜZELTİ Aybars Yanık

BASKI Sena Ofset · SERTİFİKA NO. 12064

Litros Yolu, 2. Matbaacılar Sitesi, B Blok, 6. Kat, No: 4NB 7-9-11

Topkapı, 34010, İstanbul, Tel: 212.613 38 46

CILT Güven Mücellit · SERTİFİKA NO. 11935

Mahmutbey Mahallesi, Deve Kaldırım Caddesi, Gelincik Sokak,

Güven İş Merkezi, No: 6, Bağcılar, İstanbul, Tel: 212.445 00 04

İletişim Yayınları · SERTİFİKA NO. 10721

Binbirdirek Meydanı Sokak, İletişim Han 3, Fatih 34122 İstanbul

Tel: 212.516 22 60-61-62 • Faks: 212.516 12 58

e-mail: iletisim@iletisim.com.tr • web: www.iletisim.com.tr

SİNAN SÜLÜN

Karahindiba



Anne(anne)'me...

İÇİNDEKİLER

11

Aralık

49

Mavi Pelikan

75

Karahindiba

Biliyorum sizi. K  k s rt nmelerle yetinirsiniz. B y klerinden korkarsınız. Ak amları elinizde paketlerle d nersiniz. Sizi bekleyenler vardır. Rahatsızsınız. Hem ne kolay rahatlıyorsunuz. İ inizde boşluklar yok. Neden ben de sizin gibi olamıyorum.

Yusuf Atılgan, *Aylak Adam*



Aralık

Haber bültenlerine göre son yirmi senenin en sert kışı yaşıyordu. Haber bültenleri abartmayı sevdi. İnsanlar evlerinde soba başında, kalorifer önünde, sevgilinin koynunda ısınırken, “Kaç senedir bu yollardayım, böyle cibilliyetsiz hava görmedim,” diyen, yanağında bir İzzet Altınmeşe beni olan şoför ve yadigâr otobüsü çoktan İstanbul sınırlarına girmişti.

Başı Rıfat’ın omzuna yaslanmış –uyuduktan sonra başı omzuna düşmüş, Rıfat da uyandırmamıştı– horuldayarak uyuyan adam uyandı. Doğruldu.

Rıfat’a baktı. “Oooo, İstanbul’a gelmişiz,” dedi.

Rıfat cevap vermedi. Kitap okuyordu.

“Ne okuyorsun?” diye sordu.

Kitabın kapağını gösterdi Rıfat.

“Güzel mi?” dedi adam.

“Güzel.”

“Ben de çok okumak istiyorum ama bir türlü zaman olmuyor.”