

# Mental Health

LostAlone

When you've lost yourself and you're feeling let down  
When you're lost yourself and your world isn't around  
It's all that you can do to breathe out  
When they crush your hopes and they turn your voice down  
When the crushing blows are all at the same time  
There is nothing you can do but erupt

When you're down and you're crying out for help  
You've got to lose yourself inside your illusion  
I'm on fire, I've been fighting mental health  
You've got to lose yourself inside your illusion

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When the bridge you've crossed has come rushing down  
And the water's up you can't feel as you drown  
There is nothing you can do but breathe out  
When they call you up just to call you out  
And the passage of time seems for you to slow down  
There is nothing you can do but erupt

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There's a truth you can't hide though it breaks you apart inside  
But that's not say that holding on to your dreams is a waste  
When you're staring into the abyss and your thoughts are filled with violence  
When you've lost your reason to exist just run away

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