

**Mal:**

**Everything I Should've Said**

I should've said how much I appreciated his help  
I should've said that I still laugh at his jokes  
I should've said something to let him know  
That I love him  
And I miss him  
And I didn't even know him  
And I didn't even get to say goodbye  
*#grief#suicide#socialanxiety*

**Sinking**

I'm sinking below  
I never grow  
I know it shows  
I'm holding on  
But damn  
It's hard to for long  
*#depression#suicide*

**Here's Why**

Today can be good  
Because I'm here  
Because I'm me  
Because, at last, I can breathe  
And that's enough for today  
*#mentalhealth#DEH*

**Testing, Testing**

Testing, testing  
One, two, three  
Will these strangers  
Like the real me  
Testing, testing  
Four, five, six  
There's always something  
I need to fix  
Testing, testing  
Seven, eight, nine  
When will I be

Normal and fine?  
Testing, testing  
One, two, three  
The hatred goes away  
When I reset me  
*#mentalhealth#anxiety#socialanxiety*

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**Avery:**

**Necessary Change**

I wanted to be safe  
In the warm water  
But then it started to boil

At first, I didn't notice  
But no one else's water  
Had bubbles like this

Finally, I climbed out  
I didn't want to die

But now I'm so cold  
And the boiling water  
Looks so comfortable  
*#healing#depression#anxiety#mentalhealth#change*  
(abt wanting to fall into bad habits again bc they feel safe/comfortable)

**Past Selves**

I don't want to hate who I was  
She was just trying to survive  
But I disagree  
With how she went about it  
She just wanted to live  
But so far, in the future  
I can't change how she did it

Is it really self-hatred,  
If you aren't that person  
Anymore?

#depression#mentalhealth#healing#coping#self-hatred#change

### **Panic**

Chest cracked open  
Buzzing in my head  
Pin-pricks on my fingertips  
Snakes coiled around my legs  
Colored dots swim around me  
Can't move  
    but still shaking  
Can't breathe  
    but still crying  
Can't see  
    but there's too much  
Five  
    Things I can see  
Four  
    Things I can touch  
Three  
    Things I can hear  
Two  
    Things I can smell  
One  
    Thing I can taste  
My chest fills  
My head quiets  
My fingers can move  
My feet are free  
All I see are people staring at me  
Why can't I just be fine  
Why can't I just breathe

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**Aiden:**

### **Help**

Lying in bed  
My heart beating like a jackhammer in my chest  
I pull my blankets over my face  
filled with inexplicable emotions

I can't begin to understand what I'm feeling  
I am drifting down a long river  
Waiting for someone to pull me out

I think of my parents in the other room  
Sleeping soundly as I lay here boiling in my own thoughts  
I think back to earlier in the day  
When everything seemed so different  
The sunlight streamed through the curtains, casting warm colors across my room  
Laughter and conversation filled the air  
But now, as I lie here, the remnants of that joy seem distant

I want to ask for help, but I don't know how  
What will they think?  
Will they be disappointed?  
I can't let them down  
I can't keep this in anymore  
I don't want to burden them  
Just breath  
Calm down  
Go to sleep and try again tomorrow  
Everything is going to be ok

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**Luke:**

### **My Tale**

Dear Evan Hansen, my tale so true,  
My story of heartache, of pain, of virtue.  
I feel lost, I long to be seen,  
To connect with others, to live out my dreams.  
To find a way to heal, to be true,  
To connect with others, to start anew.

### **The Lie**

A lie I cannot untangle, cannot confess.  
Leaves me doubtful, and in a mess.  
Zoe can never know  
The fiction I've sown, the lies I've grown.

The lie grew bigger, harder to hide,  
And now I fear, the truth will collide.

### **Sugar**

Memories, like sugar, can bring us joy,  
A treat for the heart, a thing to enjoy.  
A taste of the past, a moment in time,  
A sweetness that lingers, a feeling so fine.

But sugar, like memories, can also deceive,  
A quick burst of pleasure, but what will it leave?  
An emptiness, a craving, a longing inside,  
A hunger for more that we cannot hide.

But both sugar and memories, have a place in our lives,  
They help us through struggles, they help us thrive.  
They remind us of joy, of love, of pain  
Eating ice cream in the dark, tears falling like rain.  
Without them both, life would be dull and plain.