Slipping

Help me, before I ruin myself

Help me ,this is my cry for help

I fight to survive. I can’t do it alone

I’m so sad, but it hasn’t shown

I hide my feelings deep down inside

I smile despite the cries... inside

I’m fine, I’m okay, these lies I’ll say,

Truth is I’m far from being okay

Help me, before I ruin myself

Help me, this is my cry for help

I fight to survive. I can’t do it alone

I’m so sad, but it hasn’t shown

I don’t want to bring you down

If I tell you, I’ll feel like a clown

Everyone has something going wrong

But I’ve felt beat down far too long

Help me, before I ruin myself

Help me this is my cry for help

I fight to survive I can’t do it alone

I’m so sad but it hasn’t shown

This pain that I’m feeling from being down

Has me under the water about to drown

I am buried alive under the self-hate

No light, no air, no hope, no escape

If this the edge I’m slipping down

My fingers clawing grasping at ground

They say it’s darkest before light of day

It’s pitch black and I’m fading away

I’m in my own prison trying to escape

I’m screaming, I’m needing to get out this place

Help me! Save me. Am I saying it out loud, this time?

I need help, or am I just screaming this in my mind?

God hear me now lift these burdens away

Give me the hope I need to survive another day

(Help me) help me help myself

(Save me) there’s almost nothing left

Help me, before I ruin myself (help me)

Help me this is my cry for help (help me)

I fight to survive I can’t do it alone (save me)

I’m so sad but it hasn’t shown (save me)