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Don't Lose Sight of Hope

Sometimes the darkness feels as though it is always going to win

The never ending anxious feeling that takes over from within

When you feel alone in a crowd of people

And the weight of the world is too much to lift

Remember there is still something out there

And it is one of life's greatest gifts

There is nothing better to take on life's upward climbing slope

Then the comforting feeling of a little something called hope

Hope can be found in any kind of place

In the lyrics of a song or in a friend's tight embrace

Even a strangers kind little smile

Can make the troubles of this earth a little more worthwhile

Hope is all around us

Just take the time to look

And soon you'll see hope come alive

Like pictures in a book

You'll find it in the little things

Like in a good night's sleep

In a famous quote

Or the memories that you keep

In your times of need, just know you're not alone

Hope is all around you

It can be your safe space...your home

So when you feel lost in this world, and don't know what to do

Just look for all the hope in life and it will get you through

If at any time you are experiencing an emotional crisis, are thinking about suicide or are concerned about someone call the **National Suicide Prevention Lifeline Immediately: 1-800-273-TALK (8255)**. This is a free 24-hour hotline.