

If you are done
If you have had enough
Finally finished
You just can't do it anymore
I want to tell you
That I understand
You are not alone
You are not the only one in this fight
Others across the world have been in this boat
And they can all get through this
Including you
I won't ask you to stay forever
Or even cancel any plans
All I wish
Is that you to pull through
Just a little longer
Because we all know you can do it
Even when feeling alone
Like no one is there
Turned away day after day
Beginning to believe that no one is there
And committing to what the thoughts are telling you
I only ask you
Never let go of the feeling that remain
Don't let these thoughts solidify in your brain
As they will only dig you deeper and deeper into the ground
Don't ever listen to what they have to say
As they will damage you more and more
Listen to the people who are there for you
Supporting you
Not giving up on you
Helping you through this battle with yourself
I am among these people
And not once will we ever think of giving up on you
So I ask again
Hold on to these supporters
As you, along with everyone else in the same boat, can get through this battle
Together
And never letting go of faith
As it is one of your strongest supporters