

Never Give Up

If you make that decision, and accept that its final
And your body just hangs there, toes inches from vinyl
Or that handful of pills, that's just hit your stomach
Your breathing slows, and your heart rate plummets
When you're standing there, on the edge of the bridge
You've done all you can, and don't want to live
As you load that gun, grip it and cock it
You pull that trigger, that bullets not stopping
Or that blade you take, and run across your wrist
Its important to know, that you will be missed
I'm not telling you what to think, or that your feelings are invalid
After the death of a loved one, or the break down in marriage
Financial hardship, or losing your home
Those darkest times, when you're feeling alone

Mental health can be crippling, just getting up can be hard
Waking from dreams, feeling emotionally scarred
Those nightmares that play out, when you're tucked up in bed
Sweating and shaking, your mind filled with dread
And then you come to your senses, your hearts filled with shame
Just hide it from everyone, the despair and the pain
How do you even begin, to start your day
The imposter syndrome, just won't go away
Convinced yourself they're all talking, behind your back
Your colleagues, the boss and the rest of the staff
The pain can physical, it sits there on your chest
Your mind won't stop racing, as you sit at your desk

Coming home to bills, you've got no money to pay
Another reason she left, and wrote the note that day
"Gone to stay with my parents, please don't call"
Feeling completely worthless, you've got nothing at all
Tuesday beers with the boys, just isn't the same
5-a-side on Wednesday, just embracing the pain
There's no enjoyment anymore, just put on a brave face
Mates talk about family, and you feel out of place
So good at pretending, that none of them know
Still smiles and laughter, as you hit a new low

Its unbearable now, but it won't be forever
Because people care, and want it to get better

I've been where you are, phone wire round my neck
Cried all my tears, and took my last breath
Wrote a letter to parents, my friends and my ex
Content with my choice, I'd been doing my best

I stood on my chair, and looked round my cell
Mentally, emotionally, incredibly unwell
I'll spare you the details, but I'm still here now
I found my reasons and purpose, just making them proud

In a selfish world, full of malice and hate
There's so many good people, please talk to a mate
If they truly knew how you felt, it would break their heart
Don't let it build up, include them from the start
Just start with a text, saying "I'm not ok"
"I'm struggling with work" or "I've had a bad day"
It might be difficult to start, maybe confuse your words
But your problems feel lighter, once they've been heard
Open dialogue is vital, with someone you trust
But you don't need mothering, drama or fuss
You don't have to hide, be embarrassed or shy
Believe it or not, men are allowed to cry
It's good to talk, and accept how you feel
It's not in your head, these emotions are real

It won't be easy, and you have to be honest
The road is long, but it's worth it I promise
You only get one life, when you're dead it's all gone
Go find your reason and purpose, the place you belong
You won't be a burden, a problem, dead weight
Seize the moment, the initiative, before it's too late

So no matter how bad it gets, I wish you good luck
The real journey starts now, so please never give up.



Masflow