

I thought I was alone

I thought I was alone,  
I was so scared and didn't know,  
It would be alright,  
I would be fine,  
In this hole,  
Of being alone,  
It's hard,  
I'll survive it.

I hope that u can see me,  
I hope that you can hear me,  
I hope that I don't stay alone,  
Forever more,  
I will not let this affect me,  
I will be strong,  
I will stay happy and be myself,  
I will come out of this stronger than before,  
I'll survive this mental war,  
I'll fight forever more.

It's starting to get better,  
I'm starting learn,  
I'm starting to cope.  
Realise I am not alone,  
Everyone is going through the same,  
Although it doesn't make it seem any other way,  
Can I find a way out,  
Maybe I can,  
Just gotta accept myself,  
No more fear,

No more being afraid,

We have to stand up

And be brave 😊

Female – aged 16.