I don't know what happened,
I don't know where it went wrong.
I only know you're hurting
and you've been hurting for so long.
You stopped looking out the window,
you stopped answering the phone,
you've built a little darkness
and you're living there alone.
And I won't ask you why.
You don't have to explain.
Just look at me.
You're still here.

I know the world feels heavy,
I know you can't see through.
I know that every morning
feels like one more thing to do.
But you don't have to fix it.
You don't have to understand.
Just take one little step
and let somebody hold your hand.
Call your brother.
Call your friend.
Call somebody who will stay.
You don't have to find the road.
Just let us light the way.

Don't cry anymore,
don't hide away.
You don't have to be strong
every single day.
If you can't walk,
we'll walk with you.
If you can't see the light,
we'll shine it through.
Don't cry anymore.
Come back to us.
There's still a life outside
these four walls.
And you are not alone.
You never were.
We're here.

There are people who love you

waiting on the other side.
There are people who love you
waiting on the other side.
There are arms that will hold you,
there are places you can hide.
Not forever.
Just long enough
to catch your breath again.
You don't have to fight the whole world.
You only have to let us in.
And maybe tomorrow
will still hurt a little bit.
That's okay.
Tomorrow doesn't have to be perfect.
It just has to come.

Don't cry anymore,
don't disappear.
You don't have to face the darkness
when we've got you here.
If you can't walk,
we'll walk with you.
If you can't see the light,
we'll shine it through.
Don't cry anymore.
Come back to us.
There's still a life outside
these four walls.
And you are not alone.
You never were.
We're here.

Put your hand in mine.
Just breathe.
One more breath.
One more morning.
One more day.
You don't have to know
where this is going.
You don't have to know
how it ends.
Just stay.
Stay for the people
who love you.

Stay for the things
you haven't seen.
Stay for the morning
you haven't woken up to yet.
Stay.

Don't cry anymore,
look at me.
There's still something beautiful
waiting to be.
And if you fall,
we'll be there.
If you break,
we'll stay.
If you lose your way,
we'll call your name.
Don't cry anymore.
Come back to life.
Not all at once.
Just one little step tonight.
Because you are loved.
Because you belong.
Because sometimes
we need somebody
to remind us
that we can carry on.

I don't need you to be happy.
I don't need you to be strong.
I just need you
to stay a little longer.
We'll take it from there.
So...
dry your eyes.
Take my hand.
Open the door.
Don't cry anymore.
We're waiting for you.