

**Please note:** This song is in no way intended to make anyone feel guilty or responsible for another person's behavior or response to life's difficulties. People cannot control how they feel. Feelings can be very strong and confusing at times. Feelings can distort thinking and perspective leaving one in despair and desperate for a way out of the torment the feelings are causing. Ultimately, feelings lead to thoughts and actions. That is why it is often said that the battlefield is in the mind. When hopeless thoughts are dwelled upon long enough, they may lead to some very destructive actions. And our actions have consequences that affect us and others, sometimes for a moment and sometimes for a lifetime.

Unfortunately, during extremely difficult times, desperate and hurting people do not necessarily think about the serious consequences of their actions. It is not that they do not care. It is not that they are selfish. The problem is that the pain and despair they are suffering clouds their understanding, perspective and focus. They may be suffering from depression or some other mental health condition.\*\* This song is meant to be a reminder to them that they are not alone. There are people who share their pain. There are people they don't even know who are reaching out and want to help them. There are people who really care and want to give them hope. There is a way out of the pain, confusion and hopelessness. And that way leads to life and not death. This song is about living, believing and reaching out to the love that heals and brings every lasting freedom.

*\*\*The vast majority of people who die by suicide have had untreated depression at the time of their death. If you or someone you know is experiencing depression, get help immediately.*