"Hold On"

Recorded by*: TRADOC School of Music*
Lead Vocalist: *SGT James Motz*
Written by: SFC Todd Freeman
Genre: *Rock*
Description: Offers hope to those experiencing suicidal thoughts, reminding them they are not alone, and that seeking help can lead to relief. It encourages perseverance and emphasizes connection to get through dark moments.
Key themes: *Suicide ideation, help-seeking, stigma, connection and supportive environments, resilience, community intervention*

Verse 1
In the quiet of my mind, the shadows play,
Voices whispering lies, leading me astray.
I'm searching for a way out, from this endless pain,
Hoping for a lifeline, through the pouring rain.
Pre-Chorus
I am in the darkest places, my nightmares are real,
And there is no way to put, into words how I feel.
Silent battles fought, in the still of the night,
I don't want to live anymore, help me see the light.
Chorus
But hold on, there's a hand to guide you,
In the darkness, someone will find you.
You're not alone, even when it seems,
That life is tearing apart your dreams.
Verse 2
Every day's a struggle, a mountain to climb,
But every step you take is another moment in time.
The pain you feel is valid, but it's not who you are,
There's a warrior inside you, shining like a star.
Pre-Chorus
I am in the darkest places, my nightmares are real,
And there is no way to put, into words how I feel.
Silent battles fought, in the still of the night,
I don't want to live anymore, help me see the light.
Chorus
So hold on, there's a hand to guide you,
In the darkness, someone will find you.
You're not alone, even when it seems,
That life is tearing apart your dreams.
Bridge
Reach out, call out, don't fight this war alone,
There are hearts that care for you, waiting to be shown.
In the dawn of a new day, there's hope to be found,
Together we'll rise up, and stand our ground.
Chorus
So hold on, there's a hand to guide you,
In the darkness, someone will find you.
You're not alone, even when it seems,
That life is tearing apart your dreams.