

## A Hand to Hold by Becca Beales

Fear and anxiety fills my head,  
Overwhelmed, alone, nothing but dread,  
My whole world coming to an end,  
Darkness I can never comprehend.

Locked up inside my head, days, weeks, months  
Delusions, something never to confront,  
Normality a distant dream,  
Getting to that point, wanting to scream.

In the darkness, slowly, appears the light,  
A little deed here and there, winning against the fight,  
The smallest ray of hope, a beam of sunshine,  
The voice from afar saying everything will be fine.

Thou shalt love thy Neighbour as thyself,  
Thinking of others and not just yourself,  
A time when something so little helps,  
All their actions, so kind and heartfelt.

Thank-you so much for just being there,  
Bringing me back from my darkness and despair,  
Your words of kindness, a hug, or saying you care,  
A heart like yours is so very rare.

So to those who feel alone, desperate or afraid?  
A Neighbour who will help the darkness fade,  
Help is waiting, a hand to hold,  
An angel, a warrior, someone with a heart of gold.