

Forecast

"Helping Hands"

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It's in these letters that we write to our friends and
family
Spilling secrets of our past, a brief history
Packed with pills, alcohol, and cuts that run so deep

So we must stand up for the ones we love
And give them hope before they fall down

So they say I've lost and I've found, and I've found no
way out
Of this mess that we have made
So let me get this straight
You want out
Or just to leave town

So we must stand up for the ones we love
And give them hope before they fall down

And we must stand up for the ones we love
And give them hope before they fall down

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