

# Speak Up

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## Verse 1

Keeping these feelings to myself wondering if I should let it out,  
Don't know if I should ask for help,  
But I don't know how  
Can I trust who I tell, I'm always burning up inside, all these feelings that I'm trying to hide,  
I'm too scared to let it out

## Pre Chorus

Constantly sleepless nights, all the time  
Trying to find my way in this crazy world.

## Chorus

Speak up! There are people here for you  
Speak up! Don't let your fear get to you  
Speak up! I got your back all the time, Speak up!  
Speak up, Speak up

## Verse 2

People laugh and call me names,  
Acting like this is all a game,  
I am sick of being shamed,  
Don't forget that I'm human to  
Putting on a happy face,  
Pretending I'm in a happy place,  
Even though there is a trace of sadness

## Pre Chorus

Constantly sleepless nights, all the time  
Trying to find my Way in this crazy world

## Chorus

Speak up! There are people here for you  
Speak up! Don't let your fear get to you  
Speak up! I got your back all the time, Speak up!  
Speak up Speak up

## Bridge

You will always feel better if you talk to someone,  
Better than keeping it all inside  
I will always be here for you,  
I will be here all the time

## Chorus

Speak up! There are people here for you  
Speak up! Don't let your fear get to you  
Speak up! I got your back all the time, Speak up!  
Speak up! There are people here for you  
Speak up! Don't let your fear get to you  
Speak up! I got your back all the time, Speak up!  
Speak up (x7)  
Speak up