

When your world comes crashing down  
Don't waste no time  
No this world's big enough for you and me  
And when you need someone to hold  
There's always someone around

Help, help them to help you  
Help, help them to help you

'Cause when you're down, down, down  
Stand up again  
Breathe in  
And when you're down, down, down  
Come up again  
Breathe in

When you feel you're tumblin' down  
Now don't you worry  
'Cause you'll be back up on your feet again  
And when you need someone to hold  
There's always someone around

Help, help them to help you  
Help, help them to help you

'Cause when you're down, down, down  
Come up again  
Breathe in  
Yeah when you're down, down, down  
Stand up again  
Hold on

Soon your eyes will see the sun, I believe in love  
Is it worth the tears you cry, what about the love  
Just leave the past behind, do you believe in love  
You are never too far gone to try  
To try, yes try, yeah just try

So when you're down, down, down  
Stand up again  
Breathe in  
When you're down, down, down  
Come up again  
Hold on, hold on

Breathe in, what you're waiting for  
Breathe in, you are never too far gone to try  
Breathe in, what you're waiting for  
Breathe in, soon your eyes will see the sun again  
And again and again  
Breathe in, soon your eyes will see the sun again  
And again and again