Mental Health (Can't Do This By Yourself)

Billy Raffoul

Yesterday, I thought that I was gonna die
Everything in my life flashed in front of my eyes
And in the middle was a shot of you
Now I know just what I gotta do
Everything that I could never say

I've been hallucinatin', baby, baby, you can say it
From myself
I'm afraid the shit's been crazy, hard to save it
I'm unwell
I know you think that I've been doin' fine
But you should see the other guy
He needs some help
Can't do this by yourself

(Mmm-mmm-mmm)
(Mmm-mmm-mmm)
Can't do this by yourself

Every day feels like another roll of dice
It could be good, it could be bad, it could be fine
Oh, I know it's when I spoke to you
I felt like I had to spend it too
It's going to be alright, alright

I've been hallucinatin', baby, baby, you can say it
From myself
I'm afraid the shit's been crazy, hard to save it
I'm unwell
I know you think that I've been doin' fine
But you should see the other guy
He needs some help
Can't do this by yourself

(Mmm-mmm-mmm)
(Mmm-mmm-mmm)
Can't do this by yourself
Can't do this by yourself

So today I think I'm gonna be alright
My brother and I laugh until we start to cry
It's like our mother taught us to
Than keep this shit inside of you
You're gonna be just fine

I've been hallucinatin', baby, baby, you can say it
From myself
I'm afraid the shit's been crazy, hard to save it
I'm unwell
No more pretendin' that you're doin' fine
'Cause you ain't got a thing to hide
We all need some help
Can't do this by yourself

(Mmm-mmm-mmm) Oh
(Mmm-mmm-mmm)
Can't do this by yourself