These songs on YouTube.com were chosen by other teens. Listen to them and mark the ones that are helpful to you. Use them as a way of coping.

**Dare You to Move** by Switchfoot

**Breathe** by He is We

**Fix You** by Coldplay

**Never Let Go** by David Chowder Band

**There is a Way** by Newworldson

**Everything** by Lifehouse

**Behind These Hazel Eyes** by Kelly Clarkson

**You Are More** by Tenth Avenue North

**Blackbird** by the Beatles

**Stand** by Rascal Flatts

**I Won’t Let Go** by Rascal Flatts

**Beautiful** by Christina Aguilera

**Anyway** by Martina McBride

**Skyscraper** by Demi Lovato

**Safe and Sound** by Taylor Swift

**A River Flows in You** by Yiruma

**Vanilla Twilight** by Owl City

**I Won’t Give Up** by Jason Mraz

**K’Naan Wavin’ Flag** (Celebration Mix)

**Brand New Me** by Alicia Keyes

**Hall of Fame** by The Script