

SONG TITLE

NOT OK! written by Lily Amis

Lyrics: Lily Amis

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NOT OK

Why does no one seem to care?
I'm not okay-I'm lost in despair
Screaming out, but no one's there
Hey, I said I'm not okay

I'm still breathing, I survive
But barely holding on inside

It's okay, it's okay to not be okay
Even if the only one who hears you is yourself
It's okay, you don't have to be brave
You're not alone-I know you're there

Like a cactus standing all alone
In a desert that's become my home
Craving love I've never known
Acting strong, though I'm made of stone
Living in a fragile bubble
Built from silence, fear, and trouble
Till it shatters in the sky
And I let go of the lie

It's okay, it's okay to not be okay
Even if the only one who hears you is yourself
It's okay, you don't have to be brave
You're not alone-I know you're there

The past few months were painted black
Pain like fire tracing every track
I disappeared, I took my space
To breathe, to cry, to find some grace

It's okay to break, to fall apart
To rebuild slowly, heart by heart

I whisper to the silent desert
In the nights I scream into the clouded skies
"I'm not okay-but I will rise"

It's okay, it's okay to not be okay
Even if the only one who hears you is yourself
It's okay, you don't have to explain
You're not alone-I know you're there

SONG METADATA

Title: NOT OK

Lyrics: Lily Amis

Language(s): English

Genre: Pop Ballad

Tempo: Mid-tempo (approx. 85–95 BPM)

Key: Minor tonality

Instruments: Female lead, Electric guitar, bass, drums, ambient pads, piano/keys

Mood & Keywords: Emotional, cathartic, vulnerable, raw, empowering, confessional, atmospheric, dark-yet-hopeful

Keywords: mental health, resilience, survival, loneliness, strength through vulnerability

Sounds Like (reference artists): P!nk, Avril Lavigne, Alanis Morissette, Florence + The Machine

Sync Potential: TV/Film: Emotional drama, coming-of-age, mental health narratives, breakup or recovery scenes

- **Documentaries:** Mental health awareness, resilience, personal journeys
- **Commercials/Campaigns:** Non-profits, awareness campaigns, social responsibility spots
- **Events:** Fundraisers, empowerment conferences, mental health awareness panels

Occasions: Mental health awareness days, Introspective playlists (late-night listening, healing playlists), Live empowerment events or conferences

Cultural Highlight: Connects with global conversations around mental health and authenticity

ISRC (recording code:)

ISWC (composition code:)

Contact & Rights Info:

One-stop clearance

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