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Derek: There was a bullying problem at school. I would go to school high or drunk. I was cutting myself. I hated everything about where I was and everything about who I was. It was at a point where my brain would not let me forget what was happening in the day. And I didn't want to feel that. I checked into a mental hospital. I started feeling a little bit normal. There was something human about me again. When I hear on the news about some kid committing suicide, I wish I can go back in time and say to that kid, "This is the answer. We like to think we're terminally unique and that's not the case. In reality there is a kid right now who is being bullied, using drugs and is suicidal and we can change that."

Narrator: If you know a young person who is experiencing a mental health issue or drug or alcohol problem, you can help. Visit [speak your mind Texas.org](http://speakyourmindtexas.org) to learn how.