



**:30**

**Hilary:** I was bingeing and purging upwards of ten times a day. I thought if I'm thinner people would like me more. I was terrified because I thought that this was the way I was going to die. When I started going to treatment I knew that there were other people struggling. With time and with the right treatment, the right therapy, the right medication, and a good support system. There is hope because life does get better.

**Narrator:** To help a young person experiencing a mental health, drug or alcohol problem, visit [speak your mind Texas.org](http://speakyourmindtexas.org).