



:60

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.

Hilary: I was bingeing and purging upwards of ten times a day. I was terrified because I thought that this was the way I was going to die.

Chelsey: I'd be partying, and partying and partying for days at a time. I felt like no matter what I said or how much I tried to explain to people would think it was my fault. Addiction is a mental illness and it took me awhile to realize that.

Hilary: 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.

Derek: 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.