



**:30**

**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. I checked into a mental hospital and I started feeling a little bit normal. There is a kid right now who is being bullied, using drugs and is suicidal and we can change that.

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