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Hilary: I had a ballet teacher that said to me one day, “You know Hilary if you stand a certain way it will make your legs look thinner.” And I thought if I’m thinner people would like me more. I was binging and purging upwards of ten times a day. I was terrified because I thought that this was the way I was going to die. I didn’t think that I was ever gonna get better. I used to think that I did something to deserve this like I thought I was a terrible person cause why else would I be doing this? When I started going to treatment and when I was around other girls who had similar issues, it was probably one of the best things in my recovery because I knew that I wasn’t the only one and 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: 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.