





MY NAME IS  
CHRIS  
THIS IS OUR STORY









ME & MUM  
HAD ALWAYS  
BEEN CLOSE-  
DAD LEFT  
WHEN I WAS  
LITTLE, & IT  
WAS JUST  
THE TWO  
OF US...



RIGHT...



... I ALWAYS FELT SAFE  
ROUND MUM - BUT I'VE  
ALWAYS HATED CHANGE.  
I GET USED TO THINGS, &  
I LIKE THEM THE WAY  
THEY ARE... ME & MUM-  
OUR HOUSE - MY ROOM-  
MY SCHOOL & MY FRIENDS-  
THE WAY I LOOK...



THEN THINGS  
STARTED TO  
CHANGE. I MEAN,  
I'M NOT STUPID.  
I KNEW IT WOULD  
HAPPEN - BUT I HAD  
NO IDEA HOW HARD  
IT WOULD BE...

MY YEAR GROUP WAS GETTING REALLY  
EXCITED - CHOOSING OPTIONS, COULDN'T WAIT  
TO GROW UP...



I DO REALLY WELL AT SCHOOL,  
& I WAS THINKING OF BEING  
A TEACHER, BUT I SUDDENLY  
DIDN'T WANT ANY PART OF IT.

AT HOME -



I COULDN'T BEAR IT.  
HOW COULD I LEAVE HOME & GO TO COLLEGE & DO  
ALL THOSE THINGS? I JUST FELT TERRIFIED - & STUPID.  
WHAT WAS WRONG WITH ME?





I HATED WHAT WAS HAPPENING TO MY BODY TOO. I'D ALWAYS BEEN A SLIM, CUTE, BLONDE, LITTLE GIRL. NOW I WAS STARTING TO FILL OUT & TURN INTO A WOMAN. IT FELT DISGUSTING, I COULDN'T BEAR IT. EVERYTHING SEEMED TO BE OUT OF MY CONTROL.

ANYWAY, I JUST STOPPED EATING. I FELT SO MISERABLE, IT WAS EASIER THAN I THOUGHT. I LOST LOTS OF WEIGHT, & STARTED TO FEEL BETTER - AS THOUGH I'D MANAGED TO GET BACK SOME CONTROL. BUT IT STILL WASN'T ENOUGH...



MUM WAS WORRIED...



AREN'T YOU GOING TO EAT THAT? I SPENT AGES COOKING YOUR FAVOURITE

SORRY MUM - I HAD BURGER & CHIPS ON THE WAY HOME. I'LL HAVE IT LATER



IT WAS SO EASY TO LIE TO MUM - BECAUSE WE'VE ALWAYS TRUSTED EACH OTHER COMPLETELY.

IT WENT ON FOR MONTHS.  
FRIENDS DIDN'T REALISE EITHER-



- UNTIL I PASSED OUT AT  
SCHOOL AND  
ENDED UP IN HOSPITAL...

IT WAS THERE THEY HELPED ME UNDERSTAND  
HOW SERIOUS THE PROBLEM WAS - IT WAS  
ANOREXIA NERVOSA, & IF IT HAD GONE ON, I COULD  
EVEN HAVE DIED.



I HADN'T  
REALISED THAT  
ANOREXIA -  
WHEN YOU STARVE  
YOURSELF & STILL  
THINK YOU LOOK FAT,  
LIKE I DID - HAD TAKEN  
CONTROL OF ME.  
I COULDN'T HAVE SORTED  
IT WITHOUT HELP.  
ONCE I KNEW, IT WAS  
VERY SCARY.  
HOW ABOUT YOU?

I'M SURE IT WILL  
PEOPLE HERE  
UNDERSTAND WHAT  
IT'S LIKE.  
HOW DID IT START?



I'VE GOT BULIMIA  
- I EAT NORMALLY,  
SO PEOPLE DON'T  
REALISE, BUT  
THEN I MAKE  
MYSELF THROW UP.  
SOUNDS GROSS  
DOESN'T IT?  
I'M SO HOPING  
THIS GROUP  
CAN HELP ME...

WELL...  
IT PROBABLY  
SOUNDS  
REALLY DUMB, BUT...



... MY MUM'S PARTNER, COLIN, MOVED IN WITH US A FEW MONTHS BACK. I DON'T LIKE HIM MUCH, HE'S A REAL STRESSHEAD. WE WERE HAVING TEA, MY SISTER WAS THERE & HIS KIDS WERE VISITING...

COR, CHRIS, LOOK AT YOU SHOVEL THAT FOOD AWAY! NO WONDER YOU'RE SUCH A LITTLE PORKER!!



I FELT TERRIBLE. I'D BEEN WORRYING ABOUT MY WEIGHT A LOT LATELY - I'D NEVER BEEN THIN, BUT I REALLY SEEMED TO HAVE PILED IT ON, & I WAS TRYING TO GET MY NERVE UP TO ASK THIS GIRL OUT -



MY MUM NEVER SAID A WORD, EVEN THOUGH HIS KIDS LAUGHED.

I DON'T THINK ANYONE REALISED HOW IT MADE ME FEEL

NO - IT'S WEIRD HOW A RANDOM REMARK, PROBABLY NOT MEANT TO HURT, CAN HIT SOMEONE SO HARD

ANYWAY, I WAS SO ANGRY & UPSET, I WANTED TO SHOW THEM ALL - ESPECIALLY COLIN



I KNEW I'D NEVER GET AWAY WITH  
NOT EATING - SO I'D EAT, THEN GO IN THE  
BATHROOM & MAKE MYSELF SICK -

IT GOT  
EASIER. THE FOOD  
FELT MORE & MORE  
HORRIBLE INSIDE ME,  
I COULDN'T WAIT TO  
GET RID OF IT

PLUS, I STARTED TO  
LOSE LOADS OF WEIGHT, &  
I FELT REALLY GOOD ABOUT THAT.  
BUT I ALWAYS HAD A STOMACH ACHES &  
A SORE THROAT, & I WAS SCARED TO GET CLOSE  
TO ANYONE BECAUSE OF BAD BREATH FROM  
VOMITING...



FANCY COMING  
TO TOWN  
CHRIS?

UH - MAYBE SOME  
OTHER TIME?

WHATEVER

ALSO, I FELT TIRED  
ALL THE TIME & I HAD  
TO GIVE UP SPORT,  
EVEN THOUGH THAT'S  
WHAT I'M BEST AT...





MUM THOUGHT IT WAS ALL FINE, AS I WAS EATING NORMALLY. BY THEN I KNEW IT WASN'T FINE AT ALL - BUT I ALSO KNEW IF I TOLD HER, SHE WOULD BLAME HERSELF - AND SHE'S BEEN SO MUCH HAPPIER LATELY.



SOUNDS LIKE YOU WERE AS TRAPPED AS I WAS. SO WHAT MADE YOU GET HELP?



I READ IN THE PAPER ABOUT THIS BOY WITH BULIMIA, WHO HAD DIED, & I REALISED THAT'S WHAT I HAD -



I GOT REALLY SCARED, & TOLD MUM. I BROKE DOWN, IT WAS REALLY EMBARRASSING. SHE WAS GREAT THOUGH, & SHE DIDN'T GET MAD. WE BOOKED AN EMERGENCY GP APPOINTMENT & GOT HELP - & HERE I AM.

THIS EVENING, WE TALKED IN THE SUPPORT GROUP ABOUT LIVING WITH AN EATING DISORDER-

## WHAT MAKES IT HARDER?





# AND WHAT HELPS...



IF YOU THINK YOU MAY HAVE AN EATING  
DISORDER, IT'S IMPORTANT TO GET HELP.  
TALK TO SOMEONE YOU TRUST - A TEACHER,  
SCHOOL COUNSELLOR OR NURSE, FRIENDS, PARENTS...

For more information log onto:

[www.mind.org.uk](http://www.mind.org.uk)

[www.b-eat.co.uk](http://www.b-eat.co.uk)

[www.youngminds.org.uk](http://www.youngminds.org.uk)



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Mind, 15-19 Broadway, London E15 4BQ  
Tel: 020 8519 2122  
Fax: 020 8522 1725

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