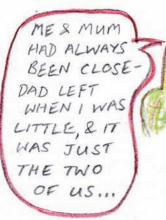


MY NAME 15 CHRIS THIS IS OUR STORY







ROUND MUM - BUT I'VE

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. IMEAN,
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



AT HOME-



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 ...



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



NOT FAIR! - 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 ANDREXIA 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?

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 MAVINGTEA, MY SISTER WAS THERE & HIS KIDS WERE VISITING ...





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 -



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



I FELT REALLY GOOD ABOUT THAT.

BUT I ALWAYS HAD A STOMACH ACHE &
A SORE THROAT, & I WAS SCARED TO GET CLOSE
TO ANYONE BECAUSE OF BAD BREATH FROM

VOMITING...



MUM THOUGHT IT WAS ALL FINE, AS I WAS
ENTING NORMALLY. BY THEN I KNEW IT WASN'T
FINE AT ALL - BUT I ALSO KNEW IF I TOLD HER,
SHE WOULD BLAME HERSELFAND 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 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.



SEEKING - THAT'S WHAT WAS SAID TO ME PEOPLE KEEP
TELLING ME
WHAT A
PROBLEM IT
IS - AS IF I
DON'T KNOW
BY NOW!!

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

www.b-eat.co.uk

www.youngminds.org.uk







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