

4<sup>th</sup> International Conference on

# Mental Health and Human Resilience

April 26-27, 2018 | Rome, Italy

## Mental health problems

**Hope Virgo**

Shaw Mind Foundation, UK

For four years, author managed to keep it hidden, keeping dark secrets from friends and family. But then, on 17th November 2007, her world changed forever. She was admitted to a mental health hospital. Her skin was yellowing; her heart was failing. She was barely recognizable. Forced to leave her family and friends, the hospital became her home. Over the next year, at her lowest ebb, she faced the biggest challenge of her life. She had to find the courage to beat her anorexia. She will share her harrowing but inspiring story giving you an understanding of how she went from being in the grips of anorexia to gaining back control. She will tell us how she fought from rock bottom to beat the friend that had controlled and nearly destroyed her life. The story of her recovery will not only inspire countless others and give everyone hope that recovery is possible but it will help break mental health stigma further. She will offer insight into how we can improve the lives for people with eating disorders and other mental health problems. She will share her thoughts on the journey to diagnosis and what we can do practically as individuals and organizationally to support those suffering with eating disorders.

## Biography

Hope Virgo suffered with anorexia for over 4 years, before being admitted to a Mental Health Hospital in 2007. She lived in the hospital for a year, fighting one of the hardest battles of her life. Since being discharged, she has fought to stay well. Hope Virgo now spends her time working with the NHS, in schools and across organisations to build up understanding of resilience. Hope does a huge amount of work to make sure that people feel empowered to recover from anorexia and other mental health problems giving them the coping mechanisms they need to survive.

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