

Keyifli Okumalar Dileriz

Binlerce kategoride milyonlarca PDF e-kitap, ders kitapları, dergiler ve romanlara platformumuz üzerinden ücretsiz ulaşabilirsiniz.

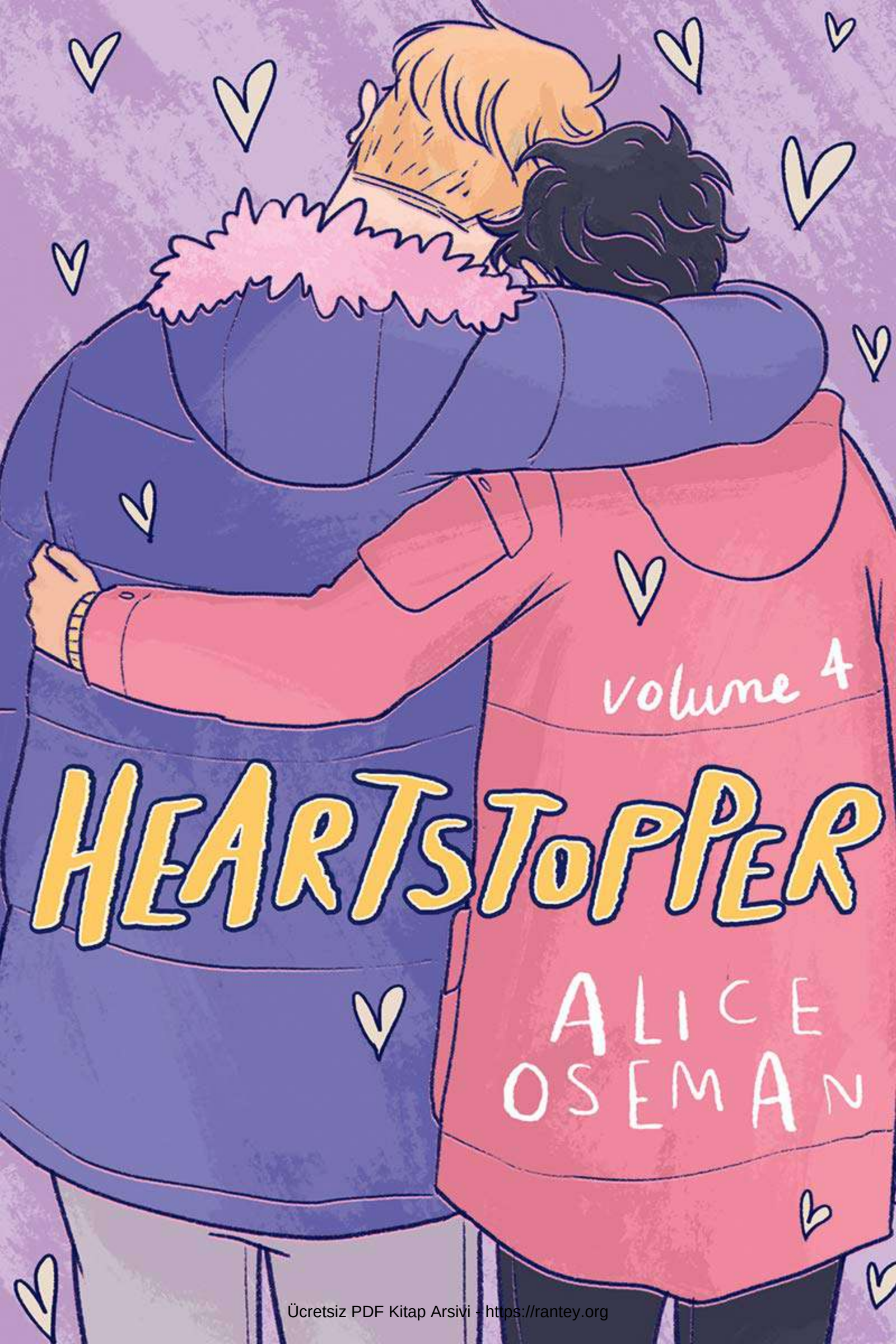
RESMİ WEB SİTEMİZ

<https://rantey.org>

Yedek ve Duyuru Kanallarımız

Sitemize erişim engeli gelmesi veya adres değişikliği durumunda aşağıdaki kanallardan güncel giriş adresine erişebilirsiniz:

- Telegram: <https://t.me/birkitapbir>
- WhatsApp Kanalımız : <https://whatsapp.com/channel/0029VbDHv8uE50Us4lvMoc0Y>

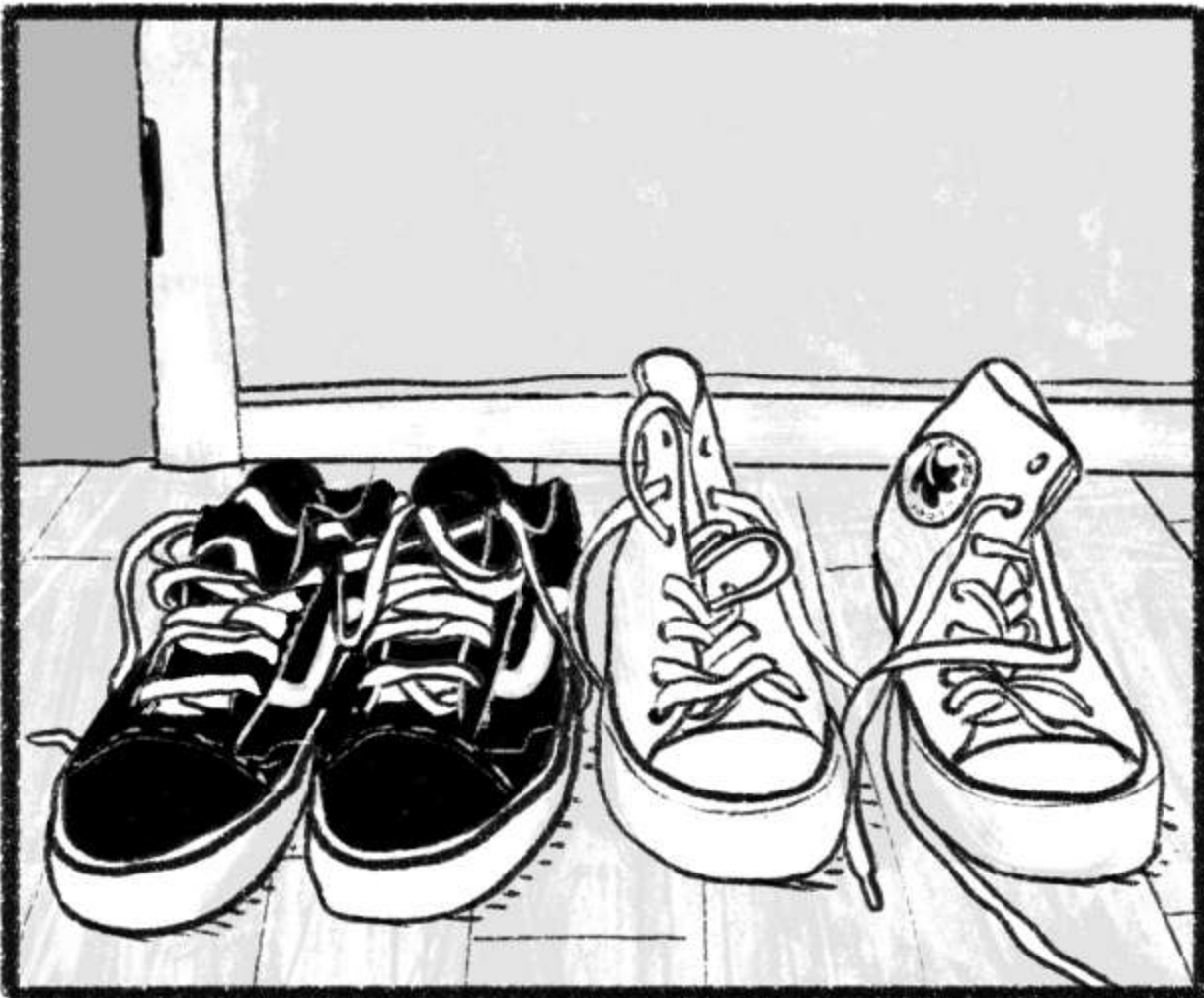


Volume 4

HEARTSTOPPER

ALICE
OSEMAN

5. LOVE



Nick...

I love
you.

AUGUST



Um- I mean-
I'm in love
with you.

I...
just
wanted
you to
know.



And...
you
don't
have
to say
it back
yet...



or ever,
I guess?



I mean- I hope you
do say it one day
because I'm
properly in love
with you and
I hope you'll feel
the same way
eventually but
please don't feel
pressured to-









Why were you talking to yourself?

I wasn't!!



You were!! We heard you!

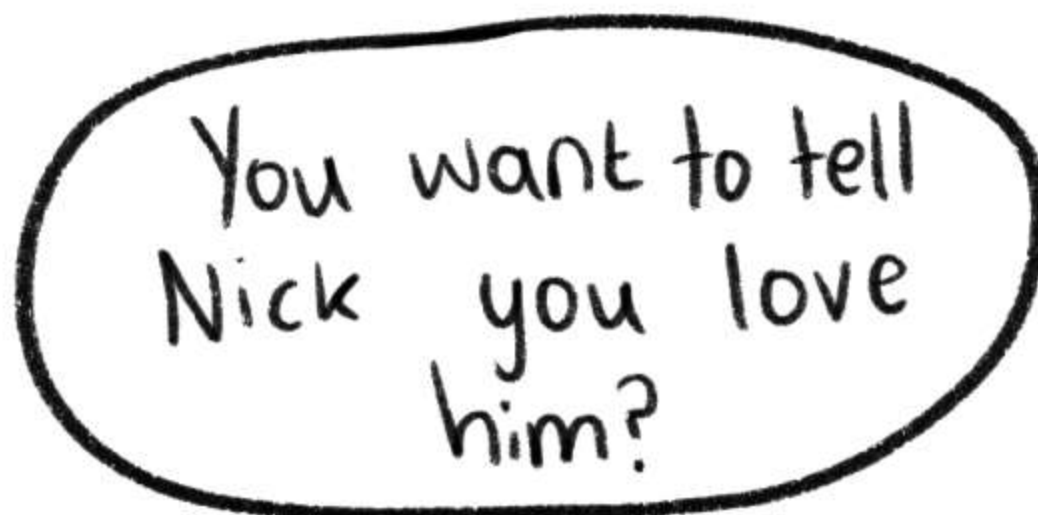
You were like

ooOooOOh Nick I love you soOooOooOoo Much



That's it. Tickle time.

AAAAA NOOOOOO





It's probably too early. And if he doesn't feel the same, it'll just make things weird.







So... it's my last chance to tell him this summer.







If Nick joins our family then I'll have TWO big brothers and that's more than anyone in my class!

 Charlie! Nick's here to pick you up!



Okay! Just coming!













I'm driving you to the coast out of the goodness of my heart and this is the treatment I get-



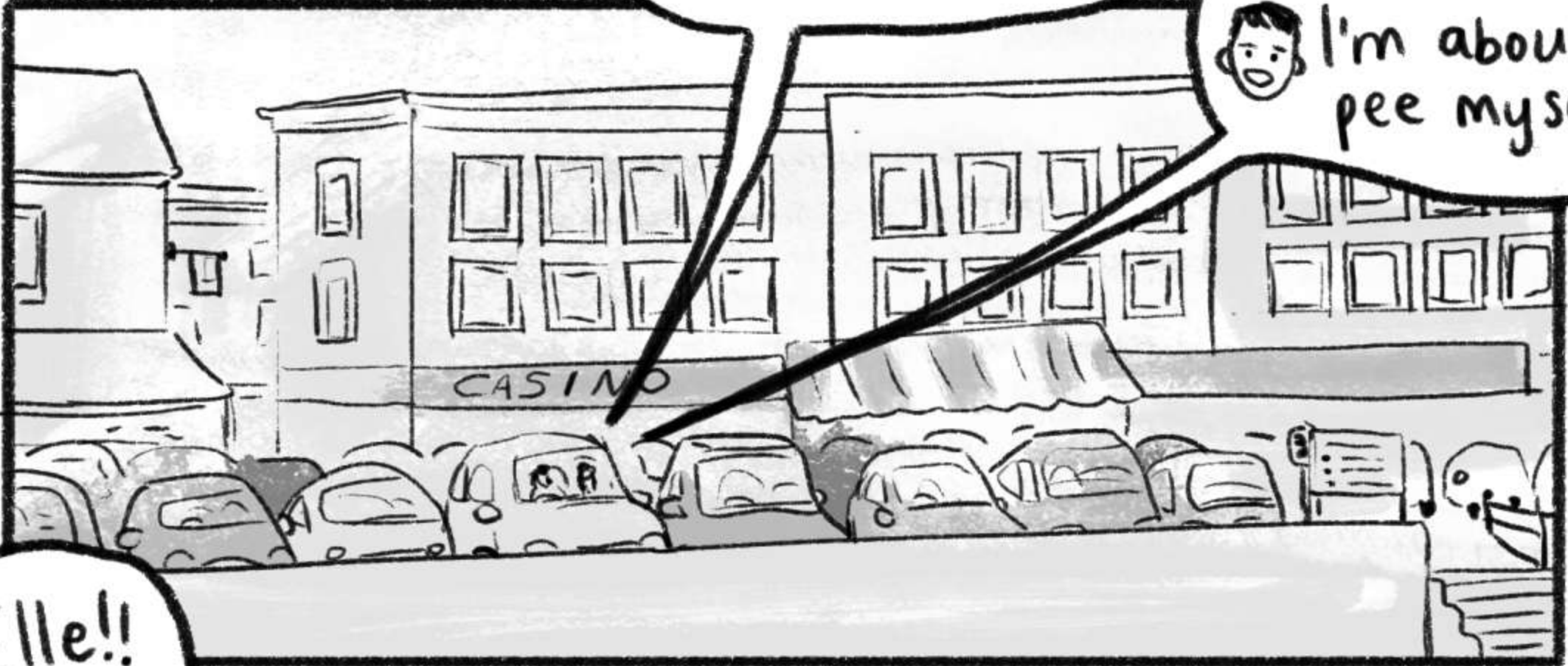
Mum.



We're here!!



Thank God. I'm about to pee myself.



Elle!!

Don't forget to offer them round!

I won't!



Love you! Give me
a call when you're
ready to come home!

Okay!
Love you
too!

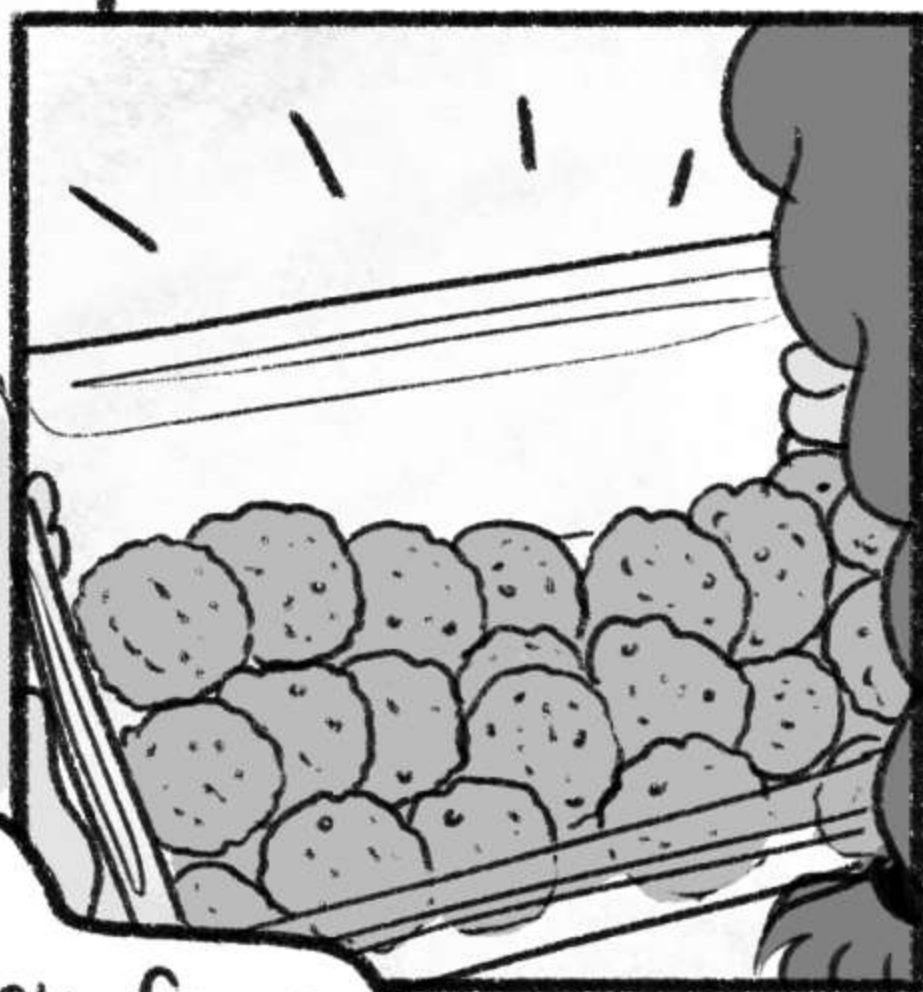


What are
they?

Ta'meya!
Egyptian
falafel.

My Mum's

gotten suuuper into Egyptian
cooking again since she got back from
visiting my grandparents out there.



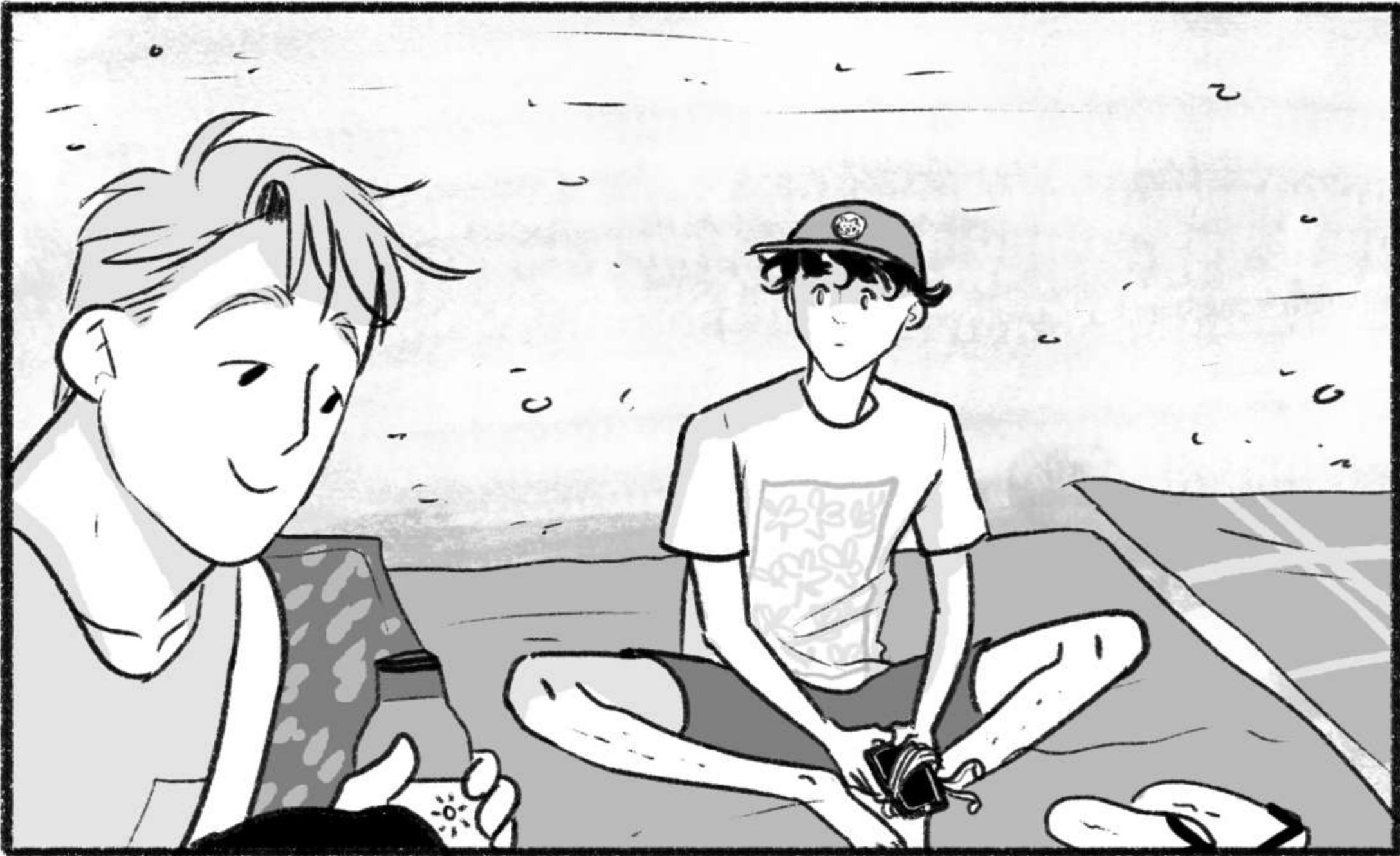
Can I
have one?

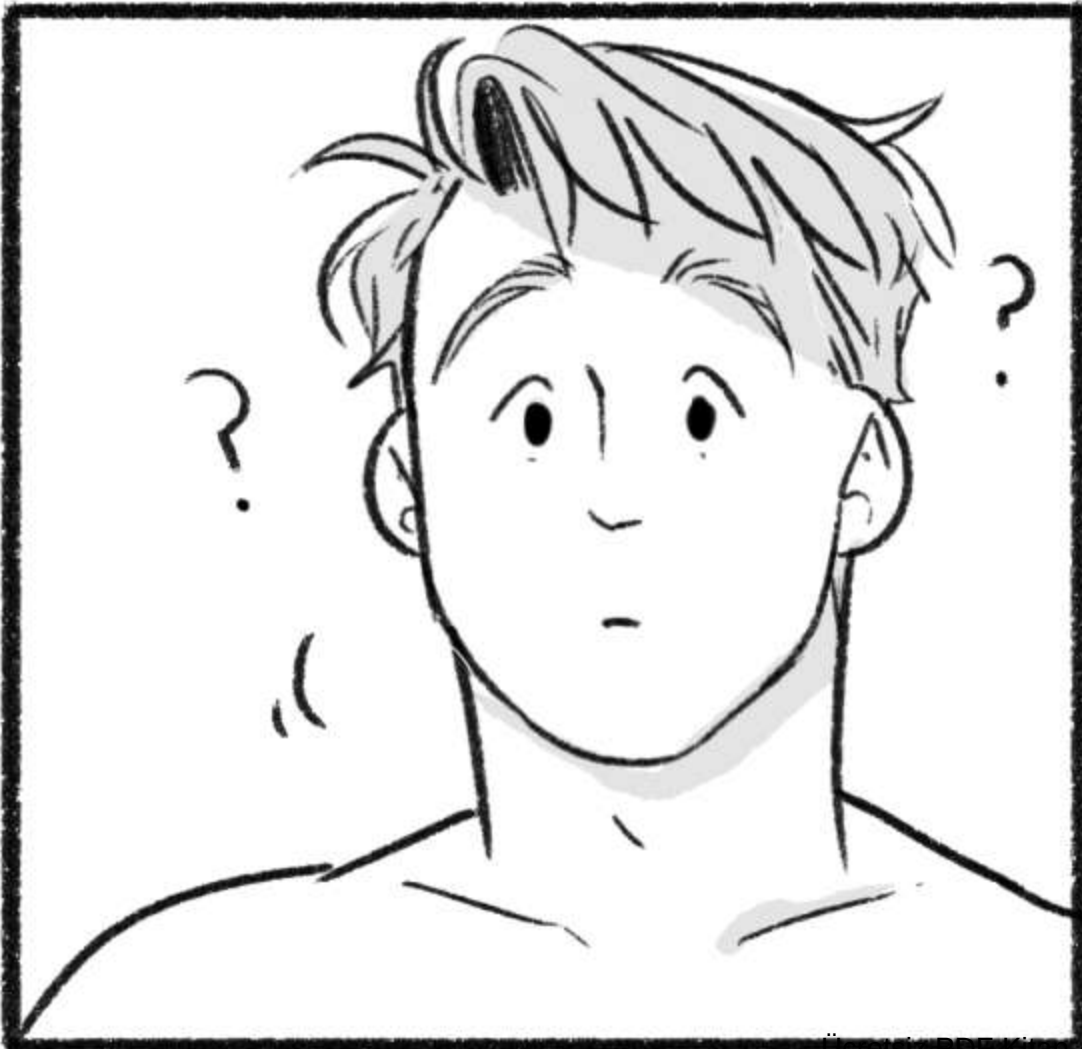
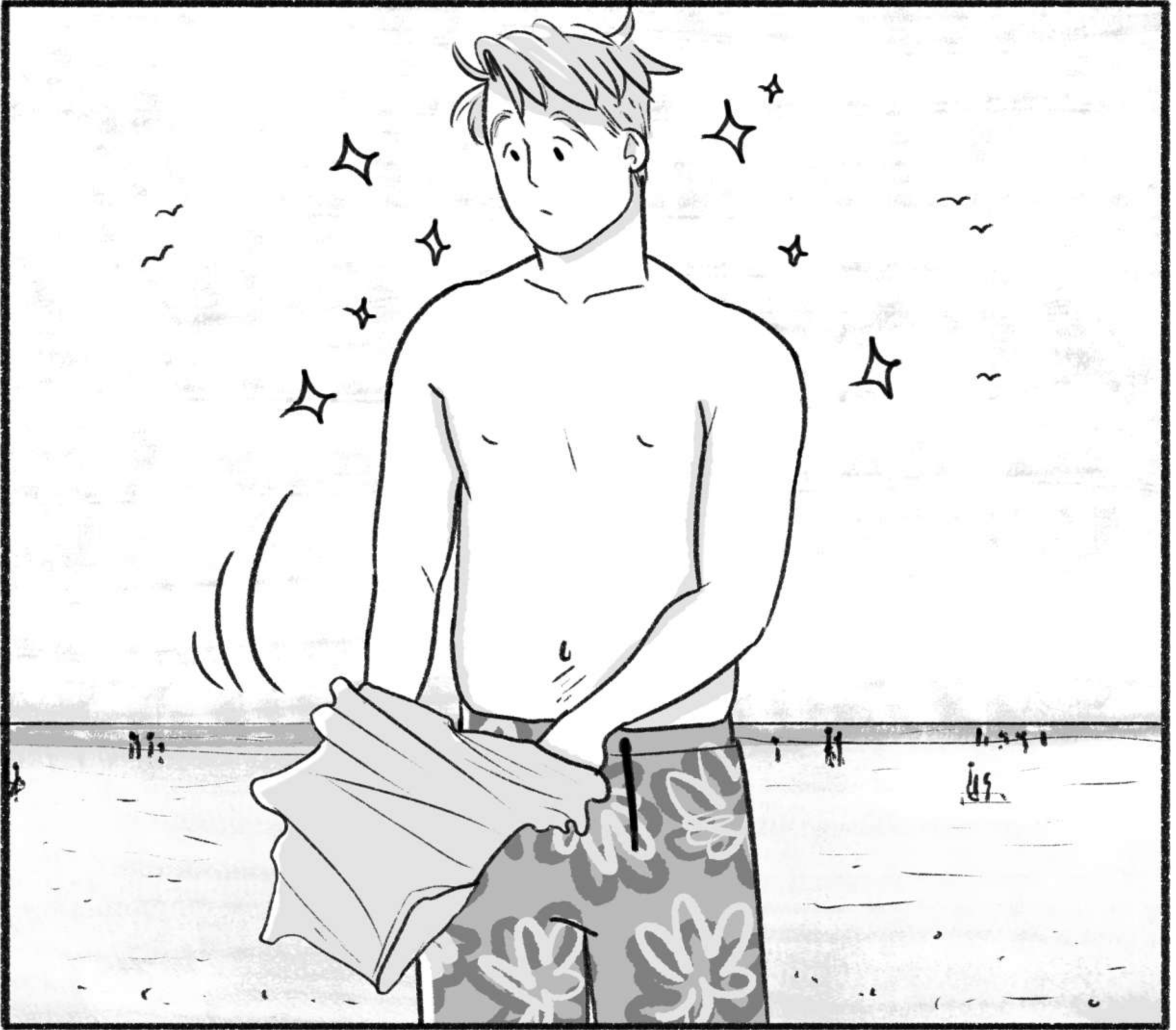
You had
breakfast
like an
hour ago!

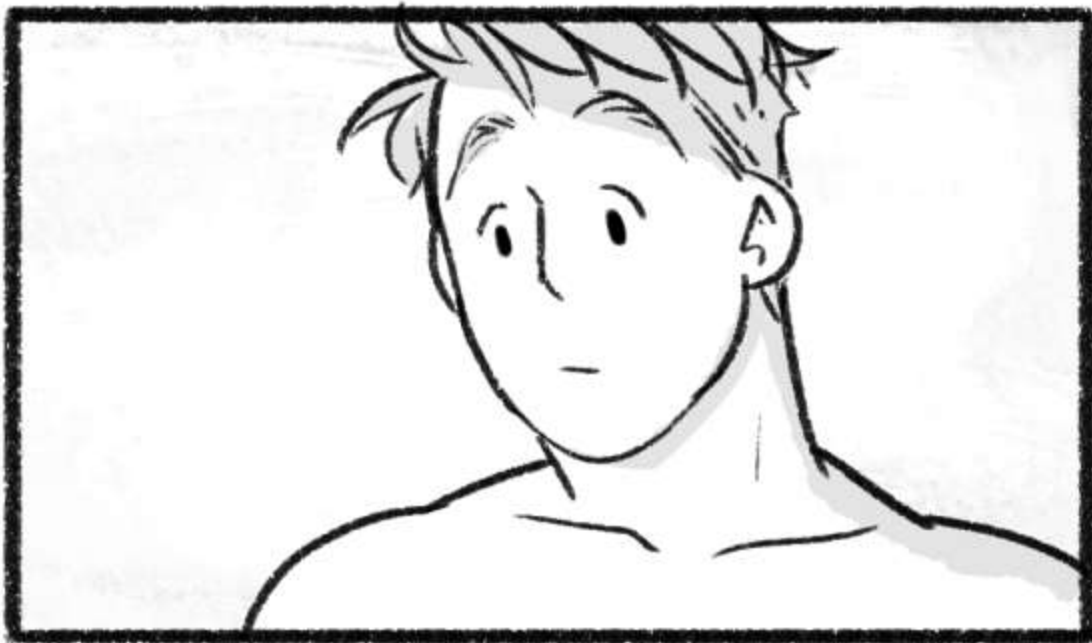
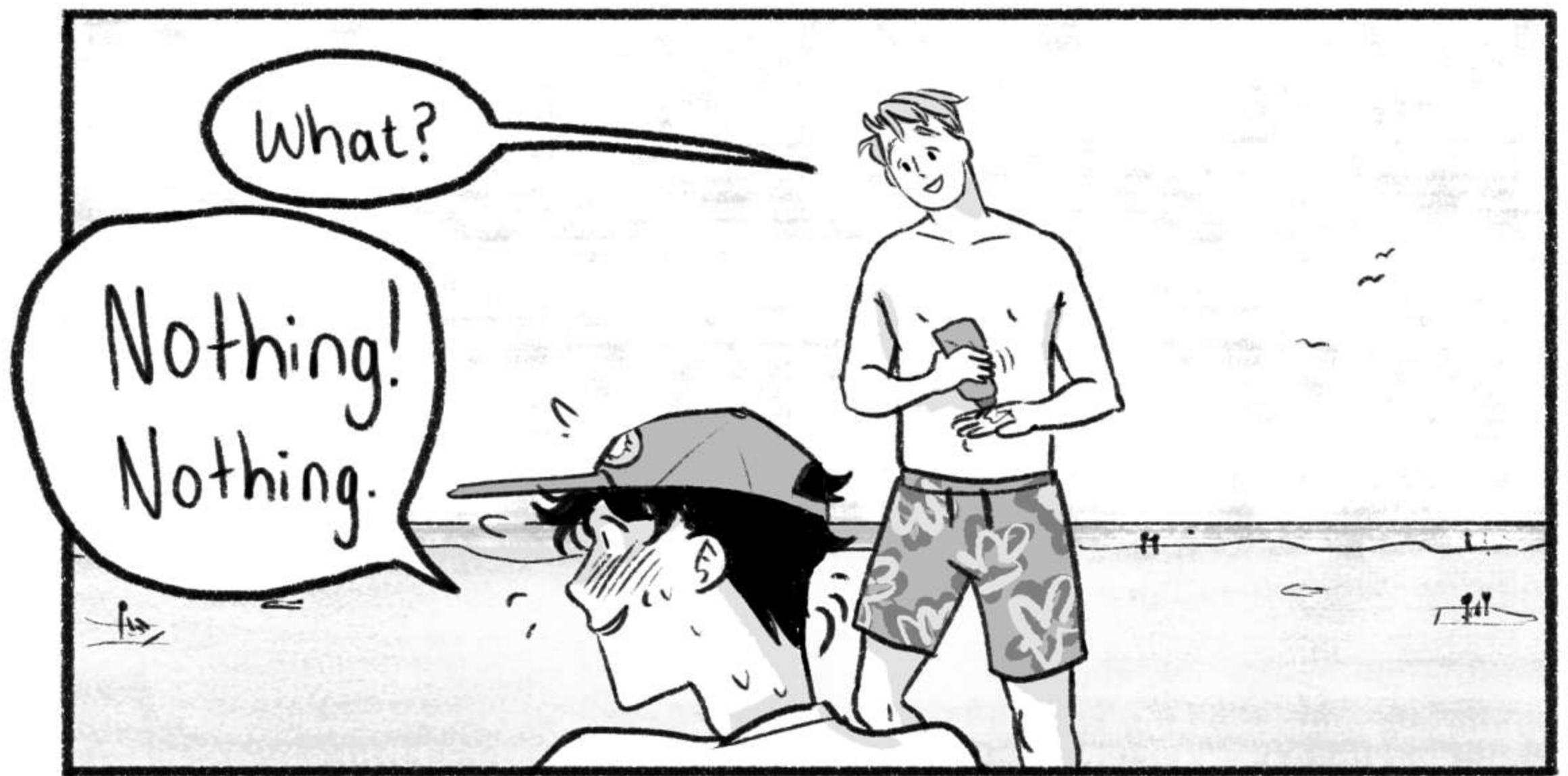


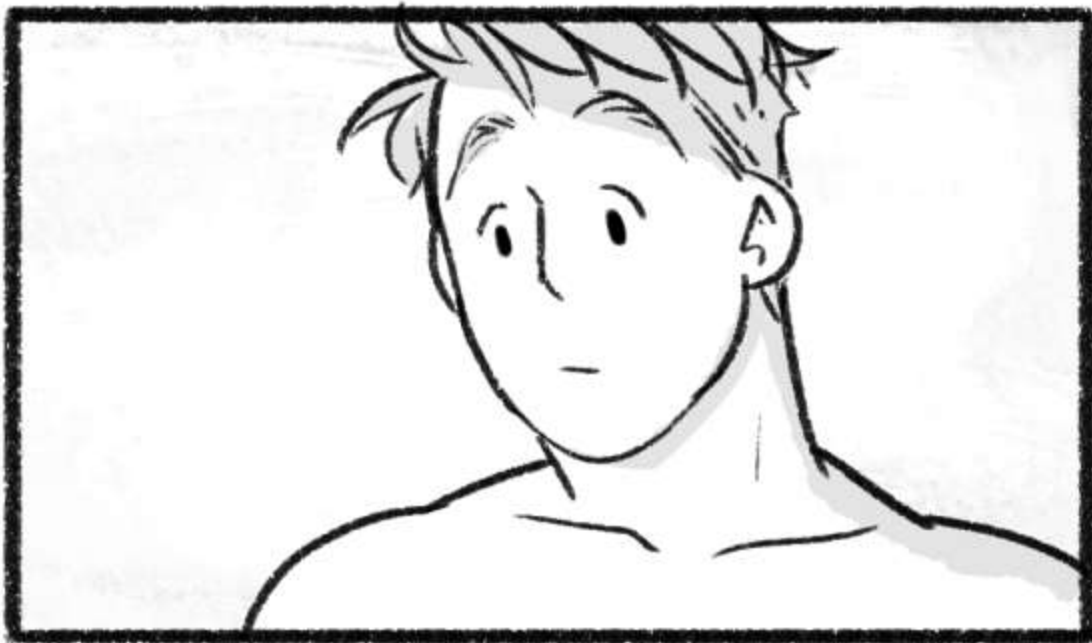
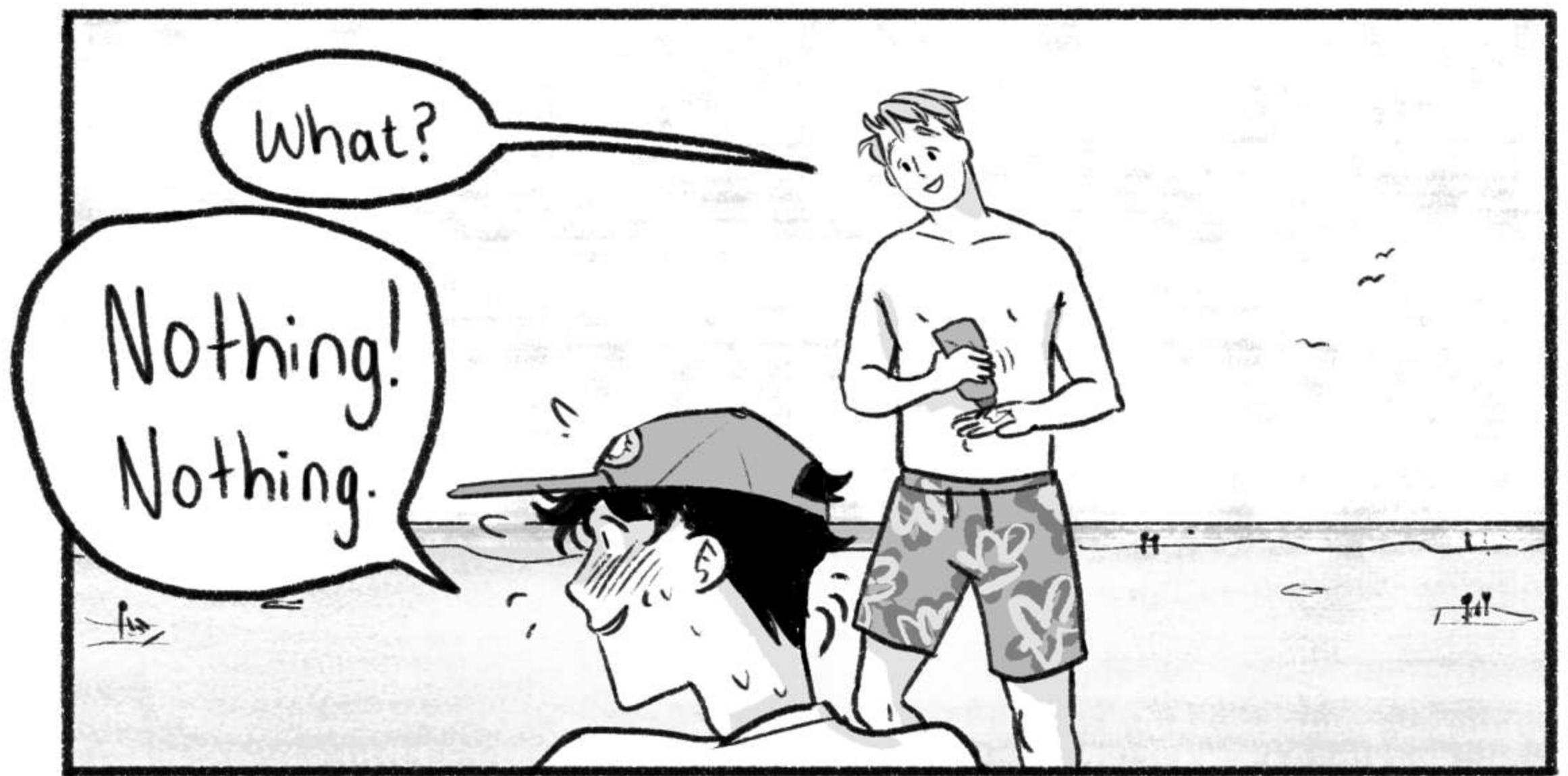








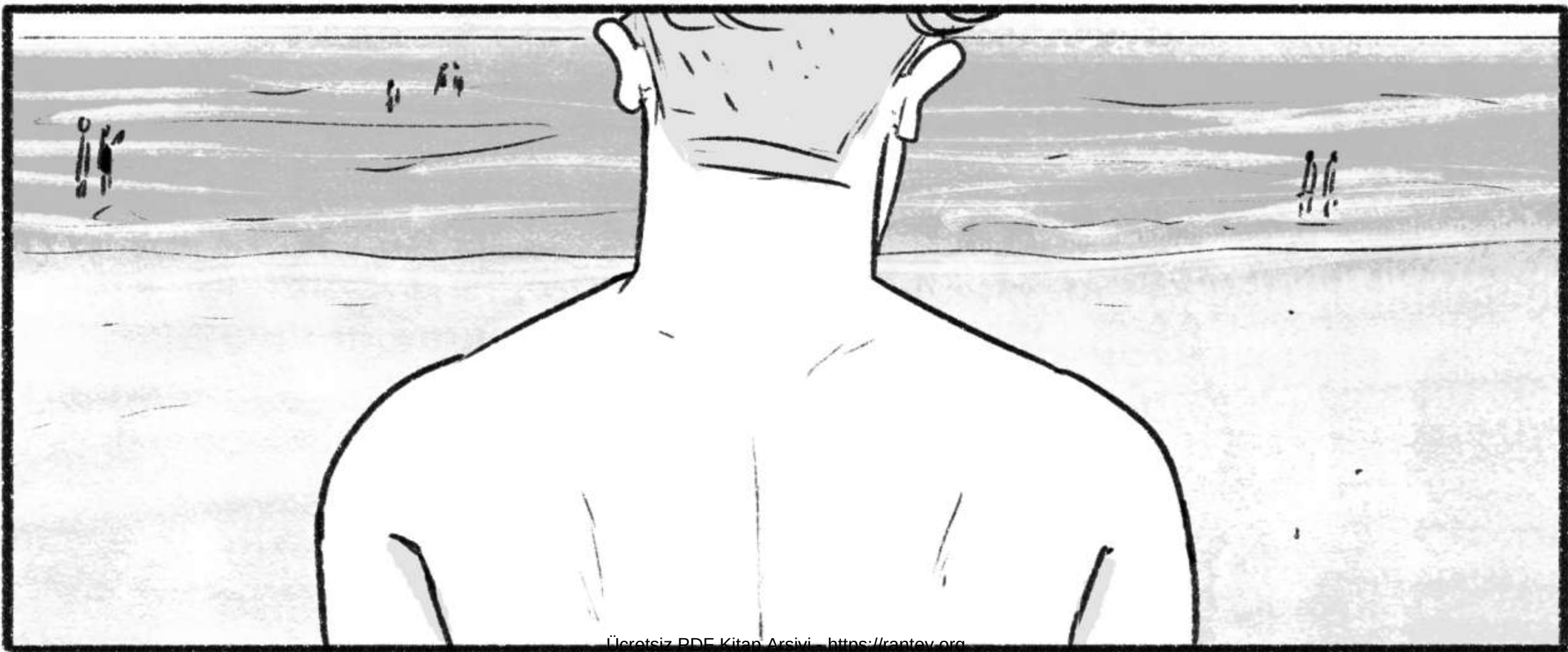




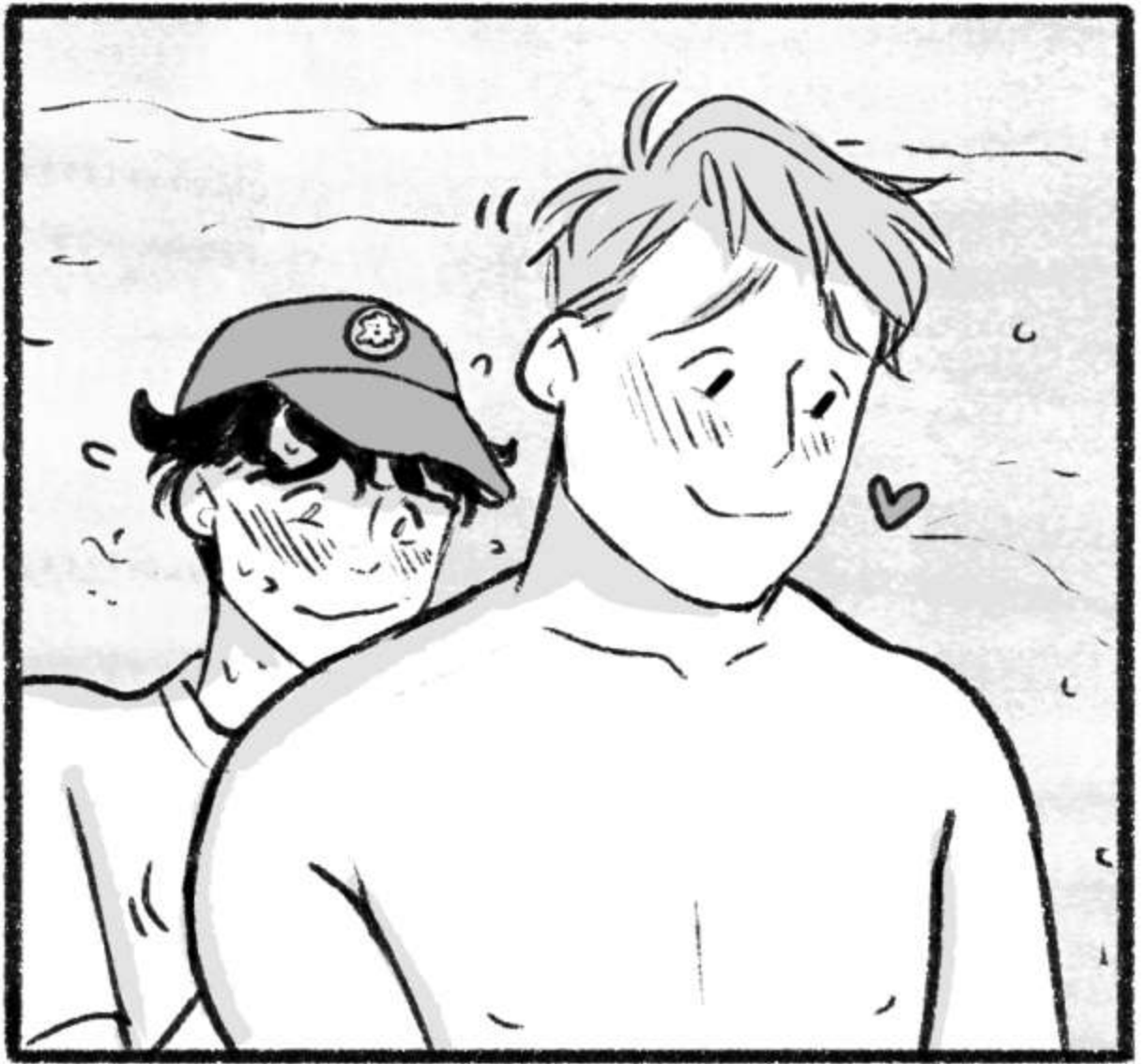
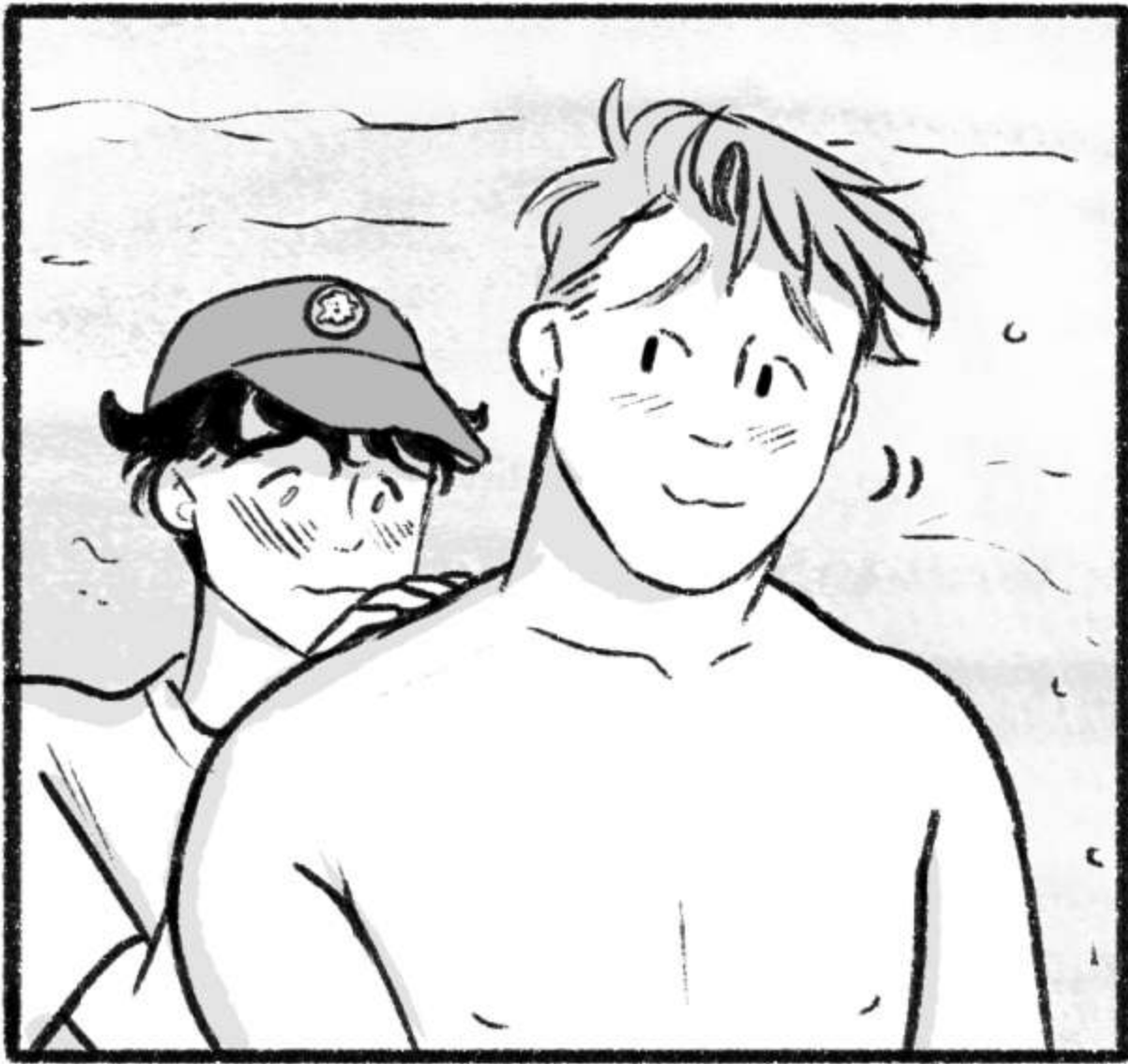




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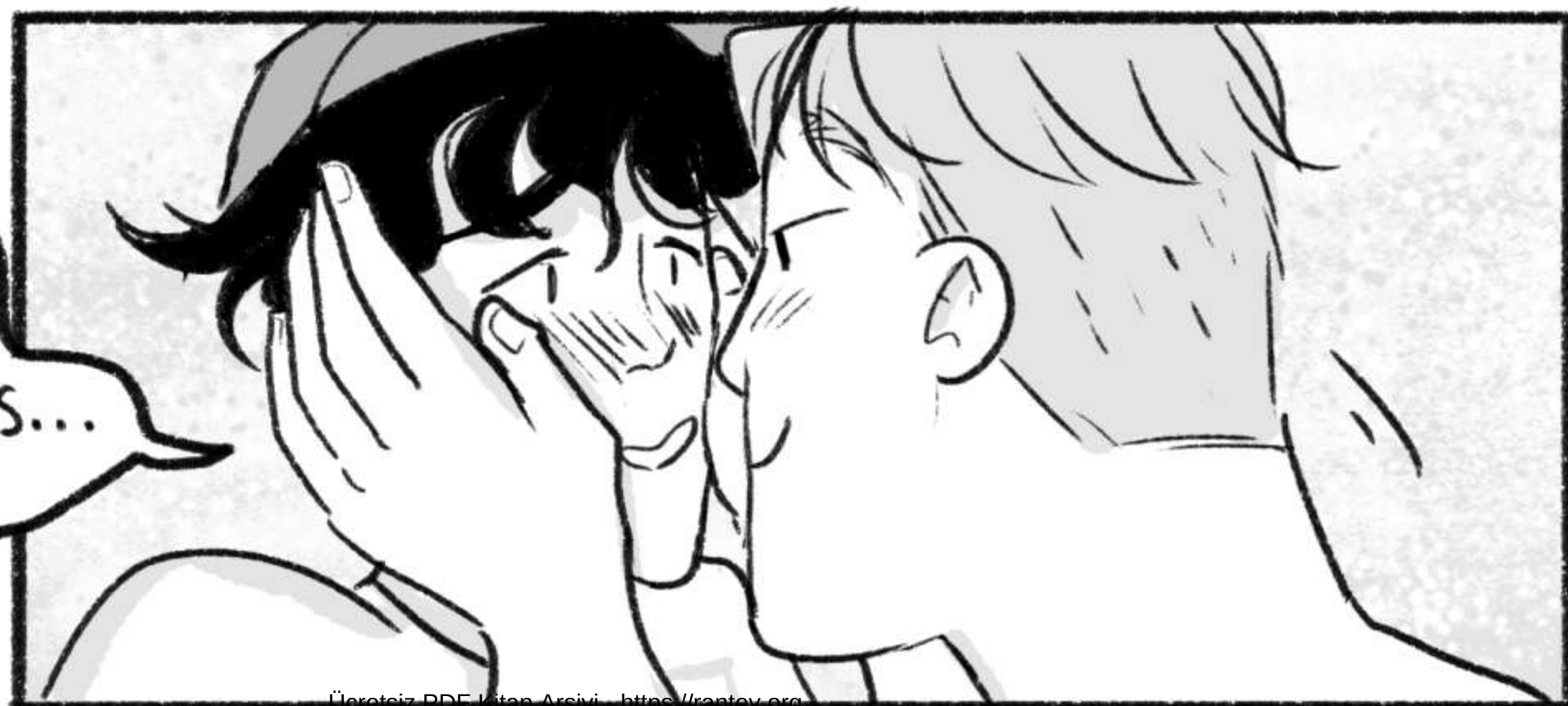


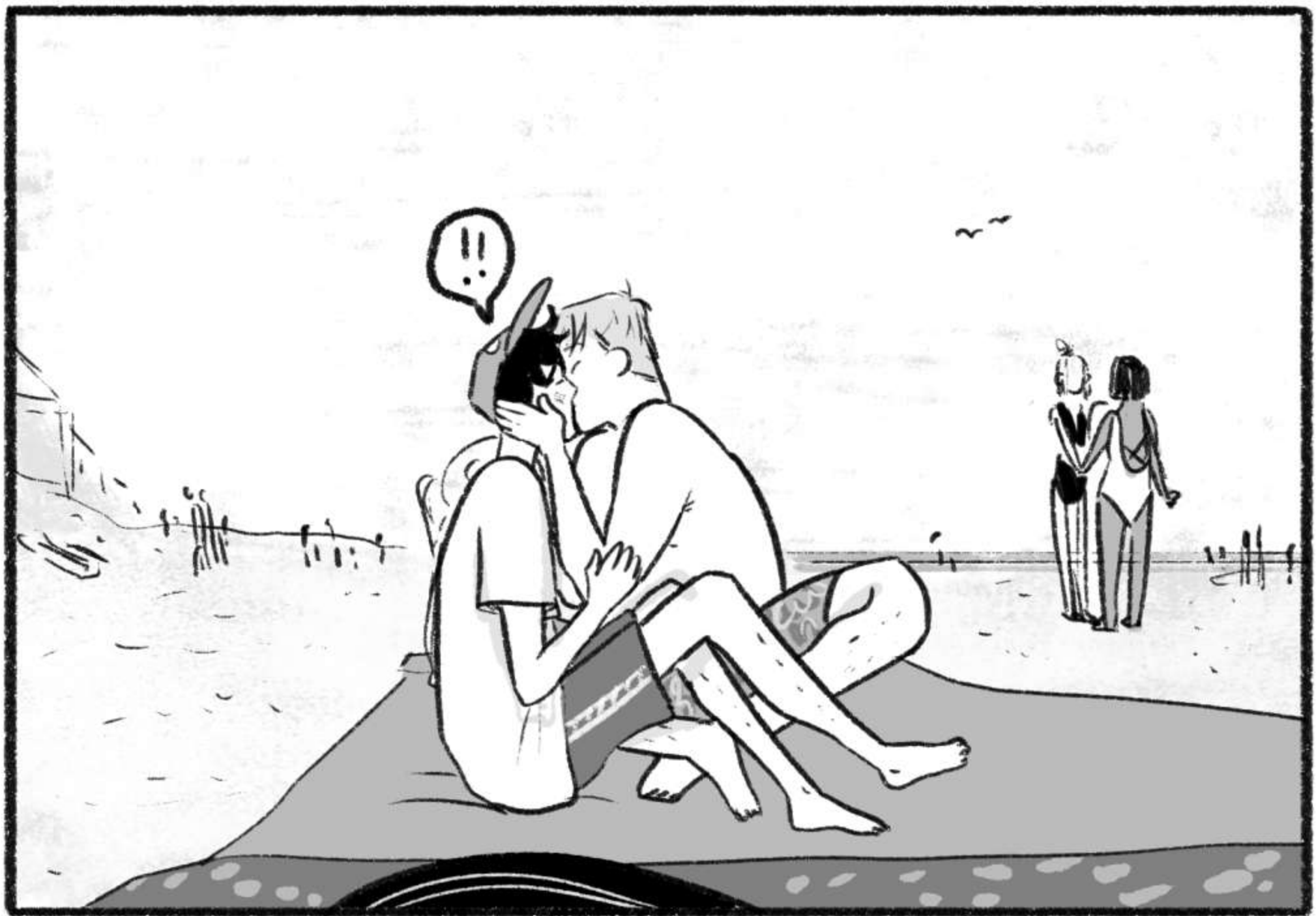


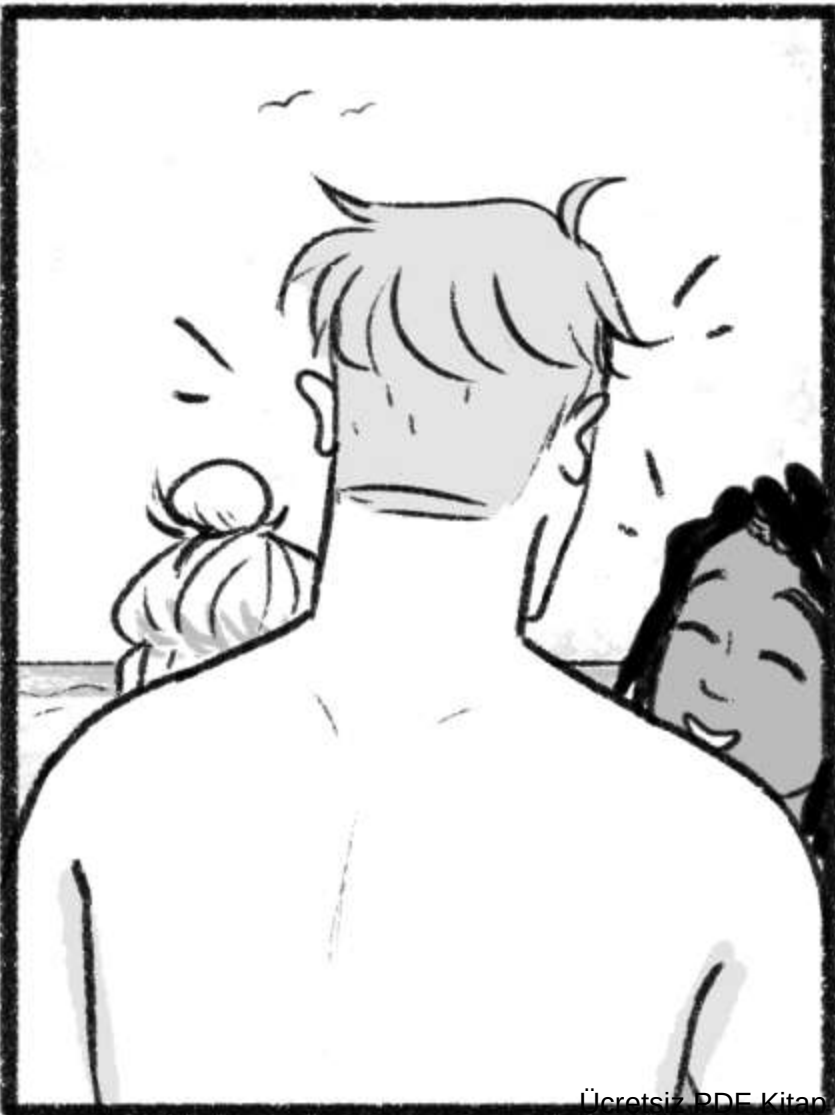
Are you okay? You seem kind of stressed out.





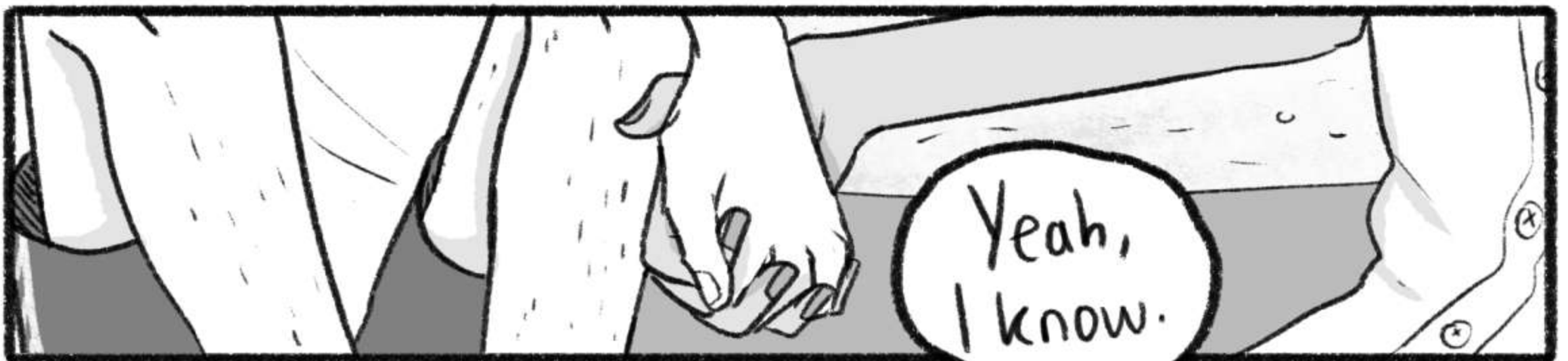












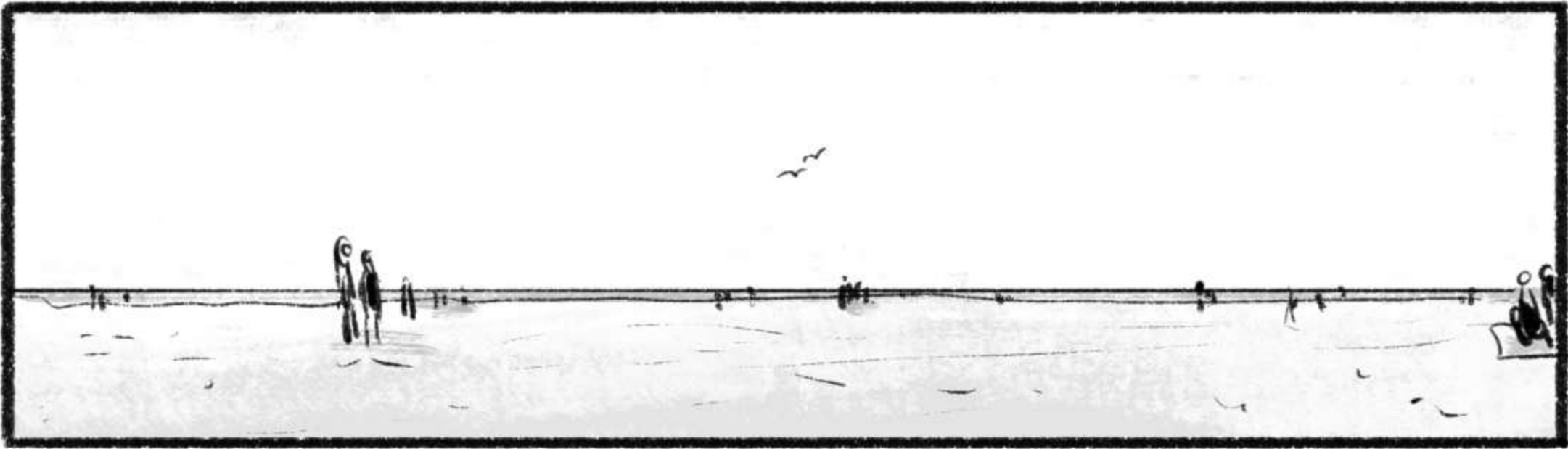


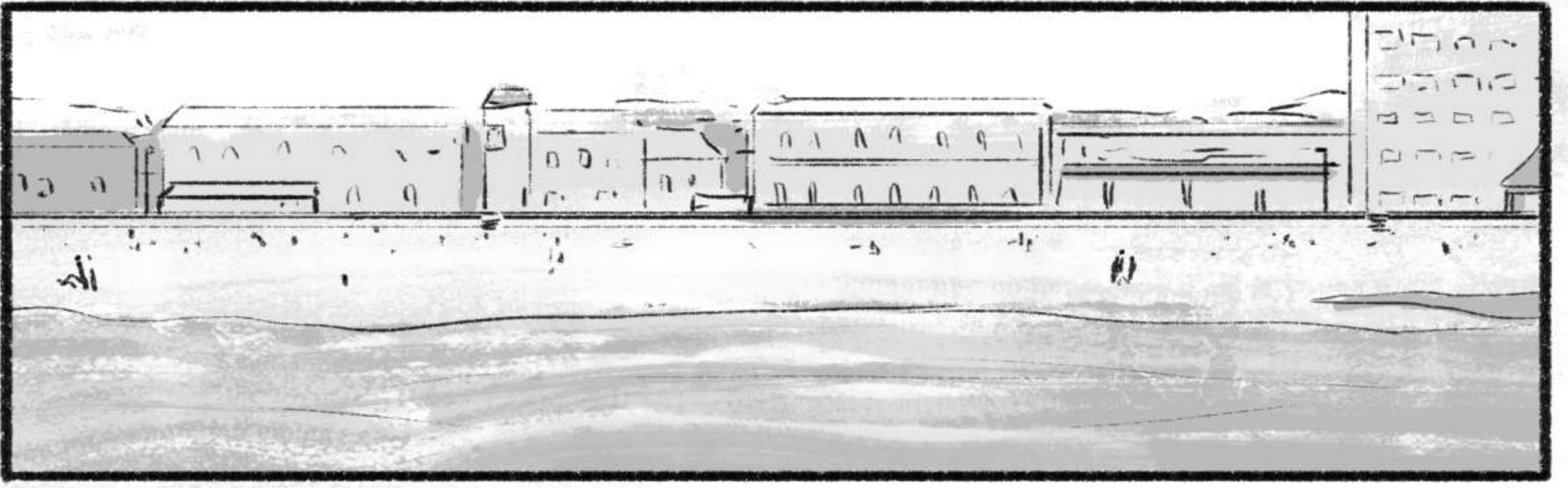
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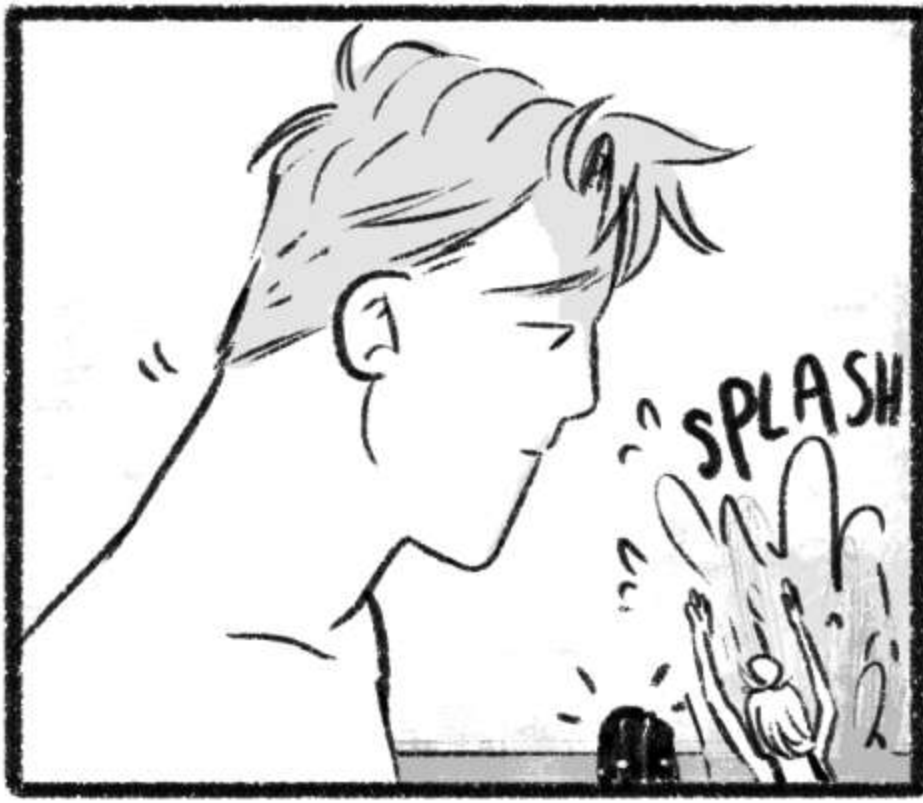
I WILL ACCEPT SOME SNACKS!

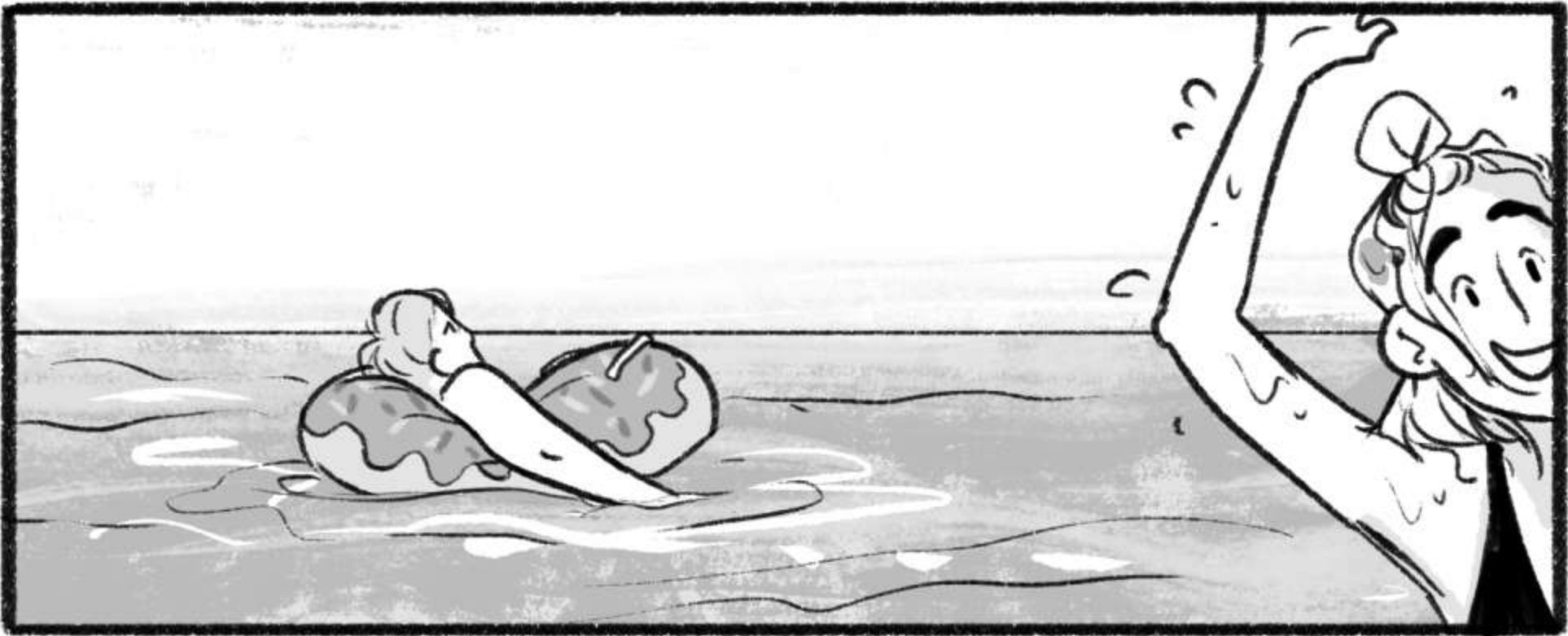
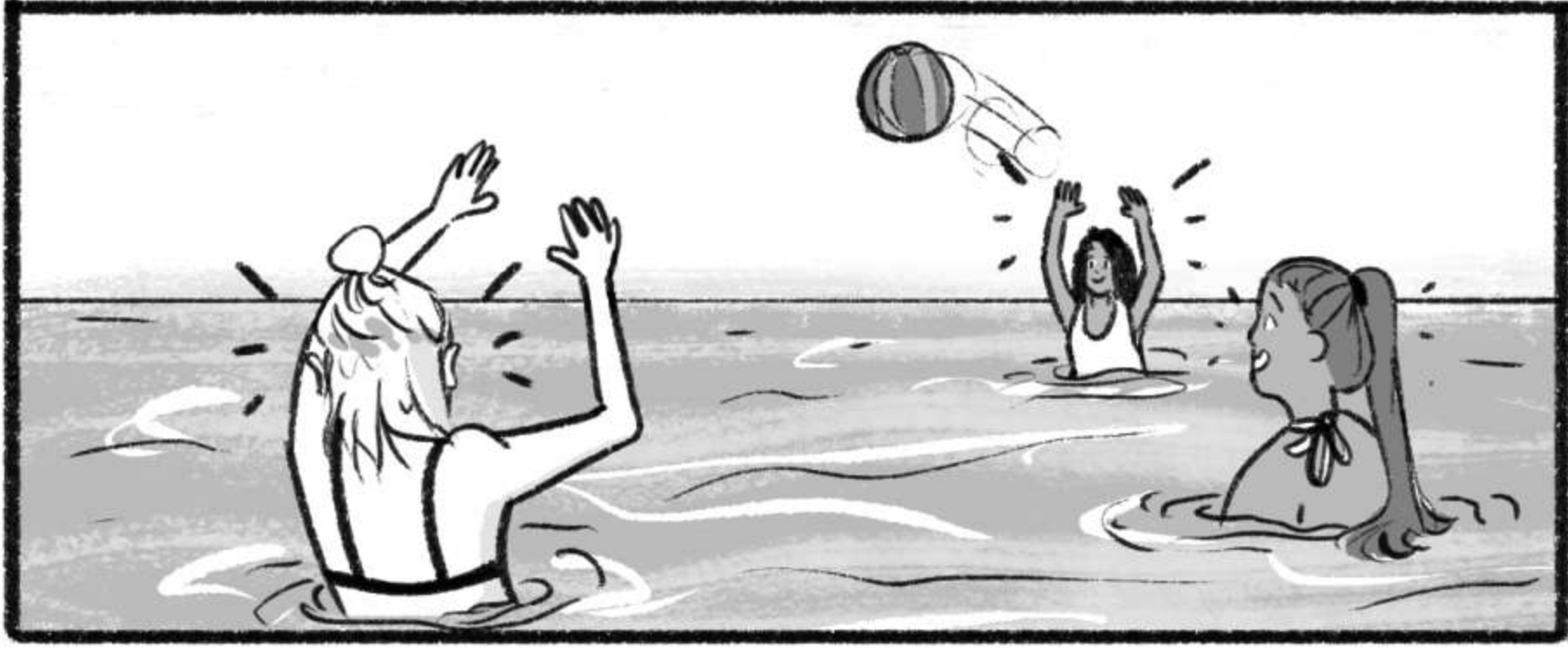












TAP

There are many different eating disorders, including anorexia, bulimia, and binge eating disorder. Some people are diagnosed with one or more specified eating disorders.

TAP

What is an eating disorder?

An eating disorder is a mental illness that involves disordered eating behaviour. It is a serious condition that can be life-threatening.

TAP

CAN MEN GET EATING DISORDERS?

It is a common misconception that only women and girls are affected by eating disorders. Anyone could develop an eating disorder due to a range of factors, including genetics, environment, or life situations.

TAP TAP

How to support someone with an eating disorder

It is important to encourage the person to seek treatment as soon as possible. There are also many ways to help and support people with eating disorders in their everyday lives.

TAP

Some examples of anorexia symptoms:

- Lying about food intake
- Missing meals (fasting)
- Not wanting to eat with others
- Eating very slowly
- Wearing baggy clothes to hide weight loss
- Irritability
- Low self-esteem



What do we do, Nell?

Boof?



Hey
Nick!!

Come play
volleyball!



okay!

Yaaaay



a while later...

Please
say it's
lunch time

... It's
lunch time.

THANK GOD!
I need chips.



Hey
Nick?

Hey
Sahar!
😊

I needed
to talk to
you about
something.

Sure,
what's
up?

956

So... I'm moving to
Truham Grammar for
Sixth Form.

Oh!



Yeah, and I'm pretty
nervous about it. I
know you've had
girls in Year
12 and 13
for ages,
but it's
still mostly
boys, isn't
it?

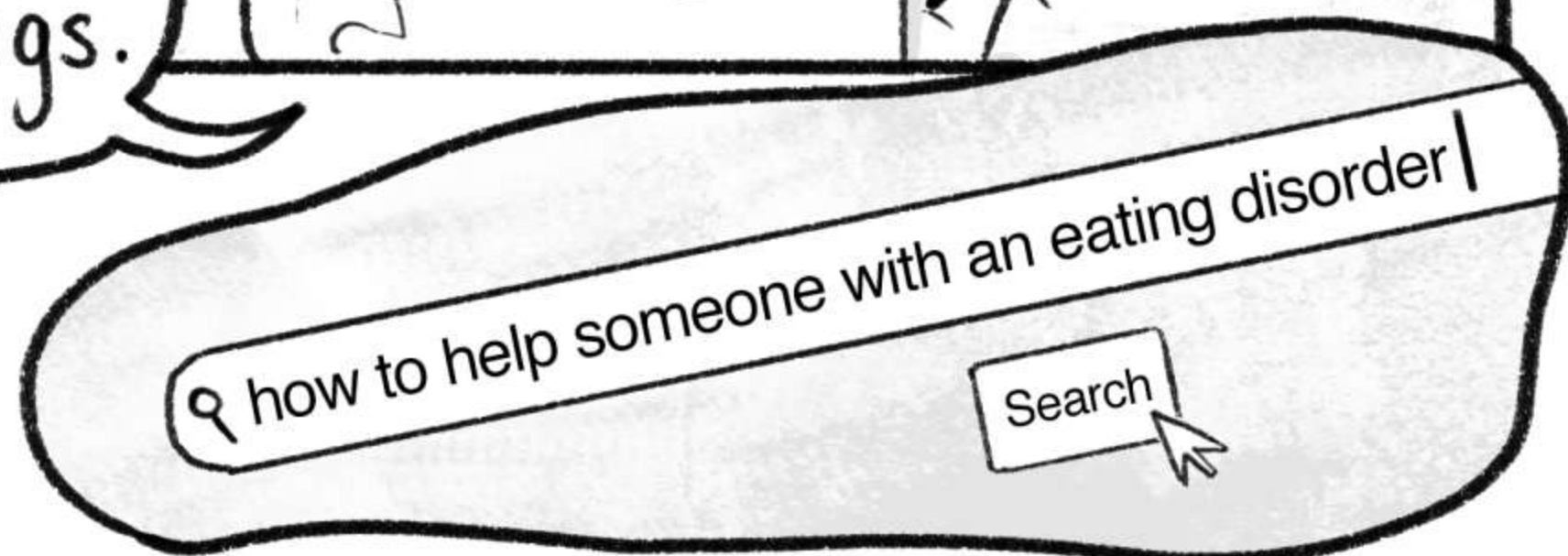


Yeah... I
think we
get about
ten girls every
year compared to
like two hundred boys.



That's what I thought.
I'm pretty nervous, so...
I mean, starting Sixth
Form is scary on its
own, but moving
schools too makes it
even more scary.







Ah-yeah, of course!

I can introduce you to the rugby lads.

The 'rugby lads'?

They're nice. I promise.





Oh my
God, this is
SO much
better

Sand is
awful



We got
chips!!

Lunch!
Yay!

And
fish and
sausages

Please say
you got me
iced tea

I am
starving





Charlie?





FORMING A PLAN.







Hey!!

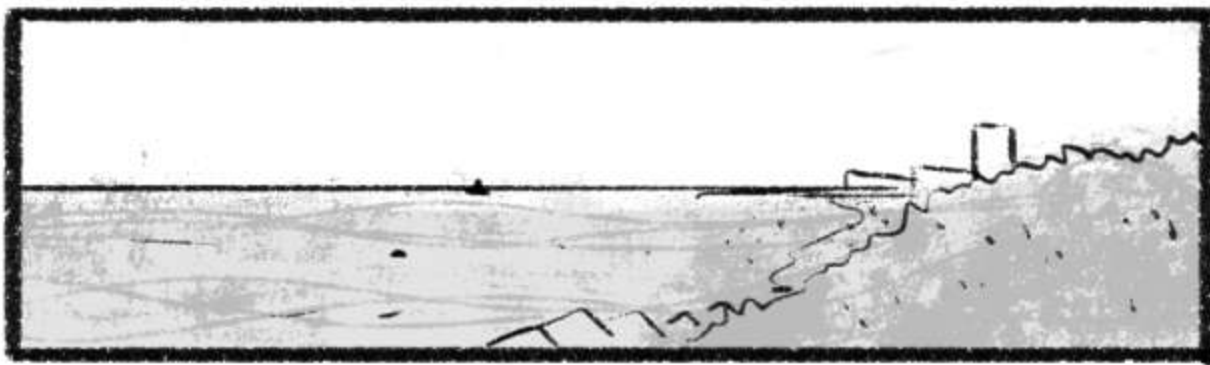
Are you two gonna keep flirting or are you gonna help us eat these snacks?



Ha ha, we're all full-up! Sorry!



Fine, more for us!



Those falafels
were so GOOD.
I can't believe
your mum
made them.



Yup. Mum
says they're not
as good as the
ones my grandmother
makes back in
Egypt.



Do you visit
there much?
To see your
grandparents?

Well... not anymore.



It's really dangerous
to be trans in Egypt.
You can get arrested
or attacked or... worse.
Just for being who
you are.

I mean, that stuff
happens everywhere,
but it's a lot more
common there, so
I haven't been since
I was, like, eleven.

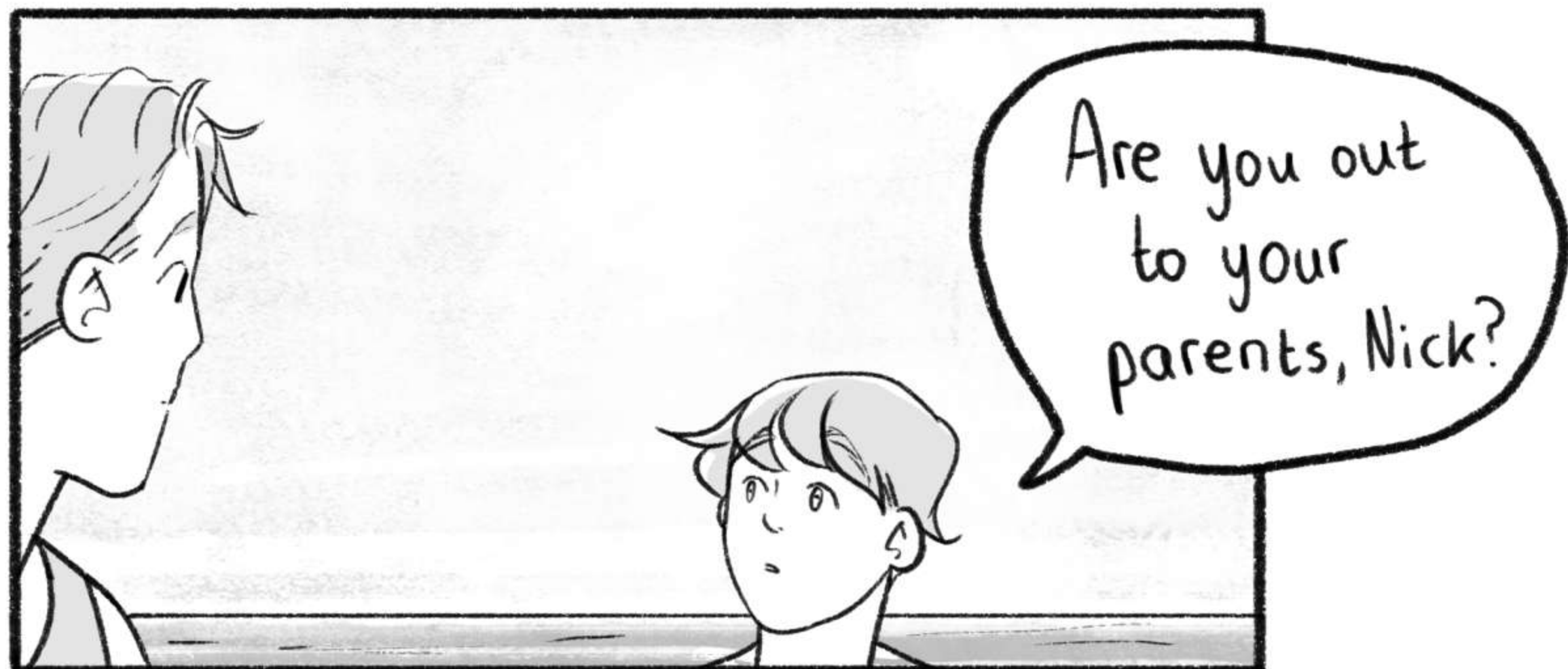


Darcy doesn't get on with her own family. They're horrible people.











But I have
you lot. So
I'm okay.





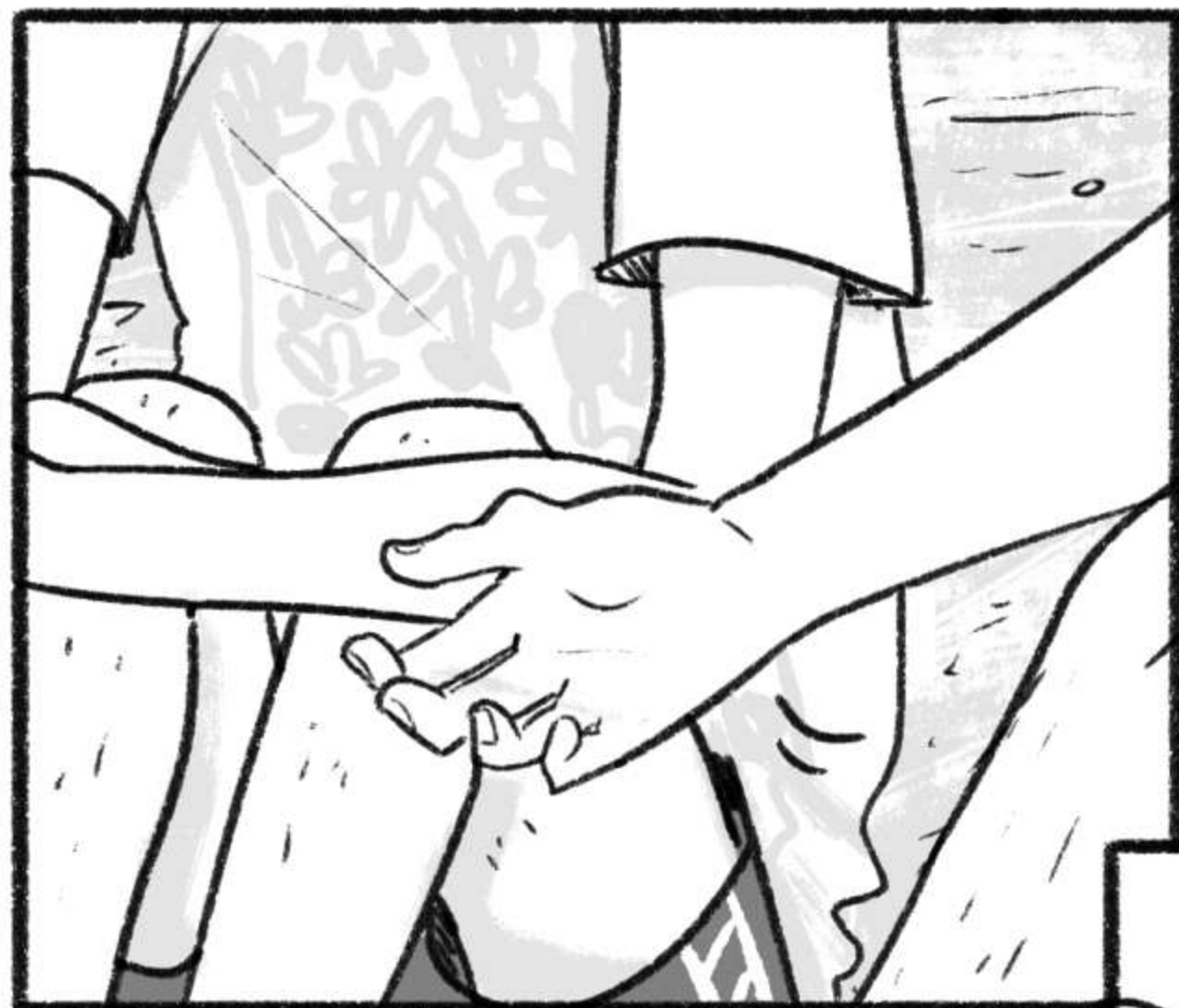


Fine. ♡

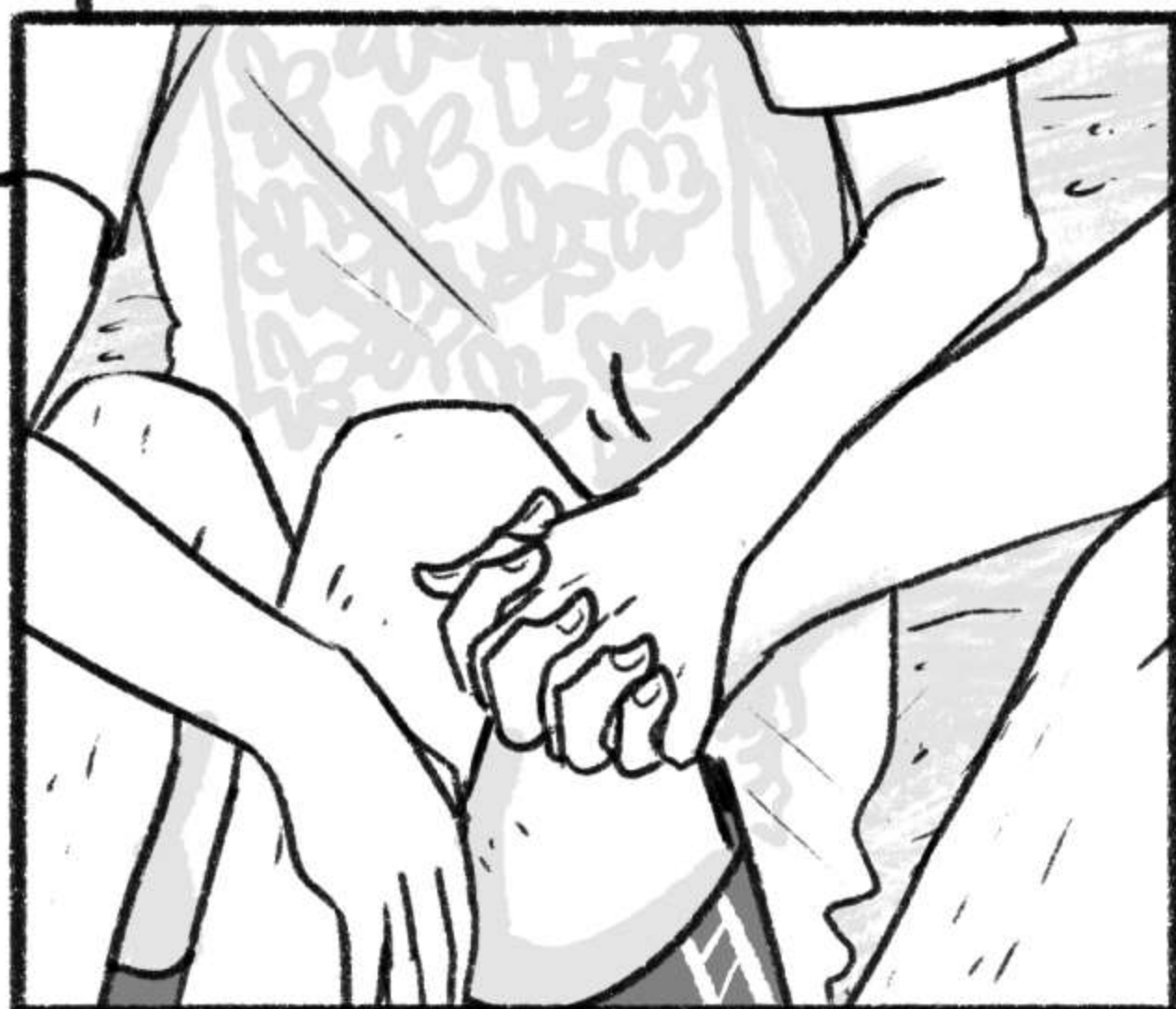




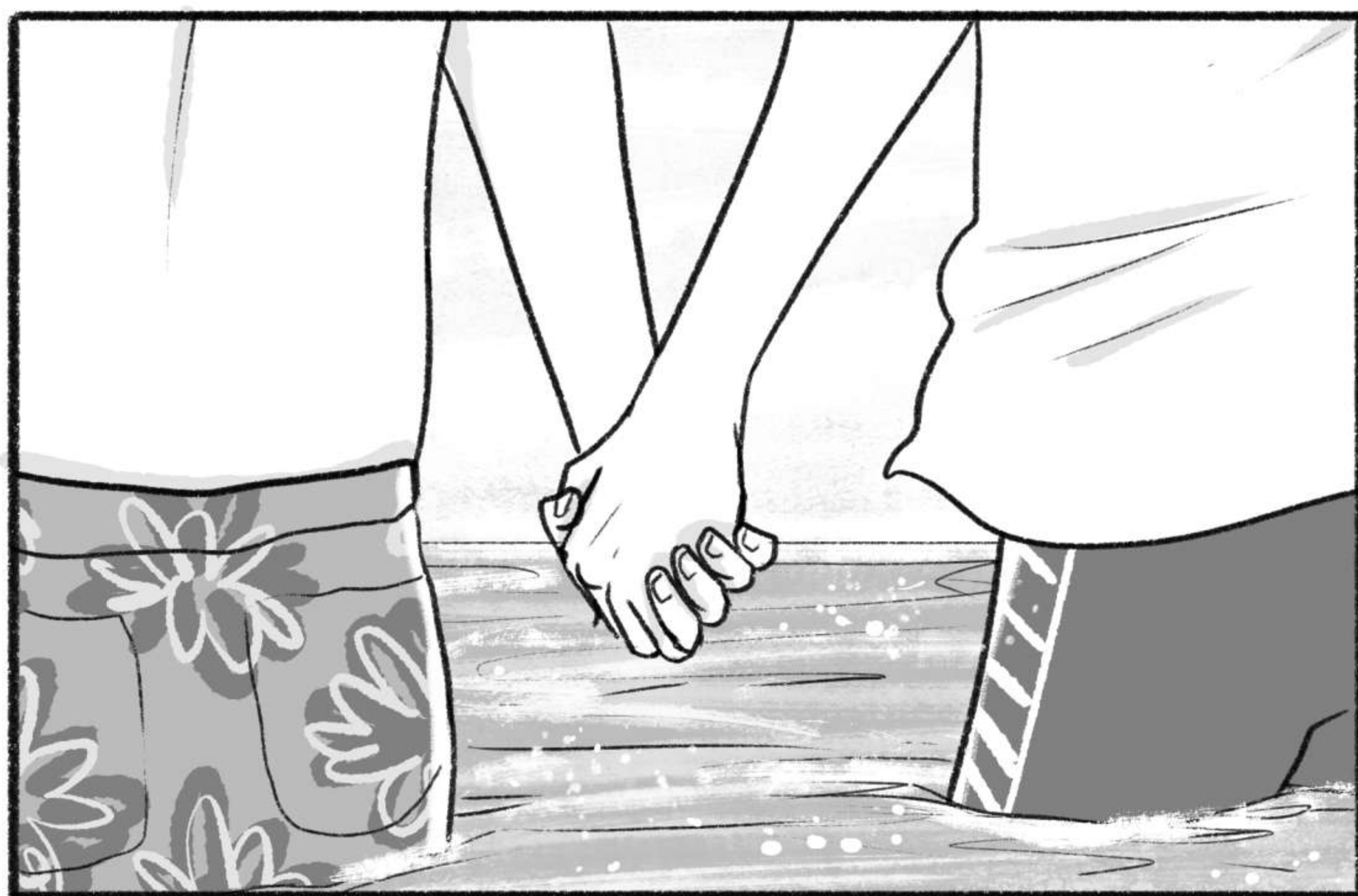


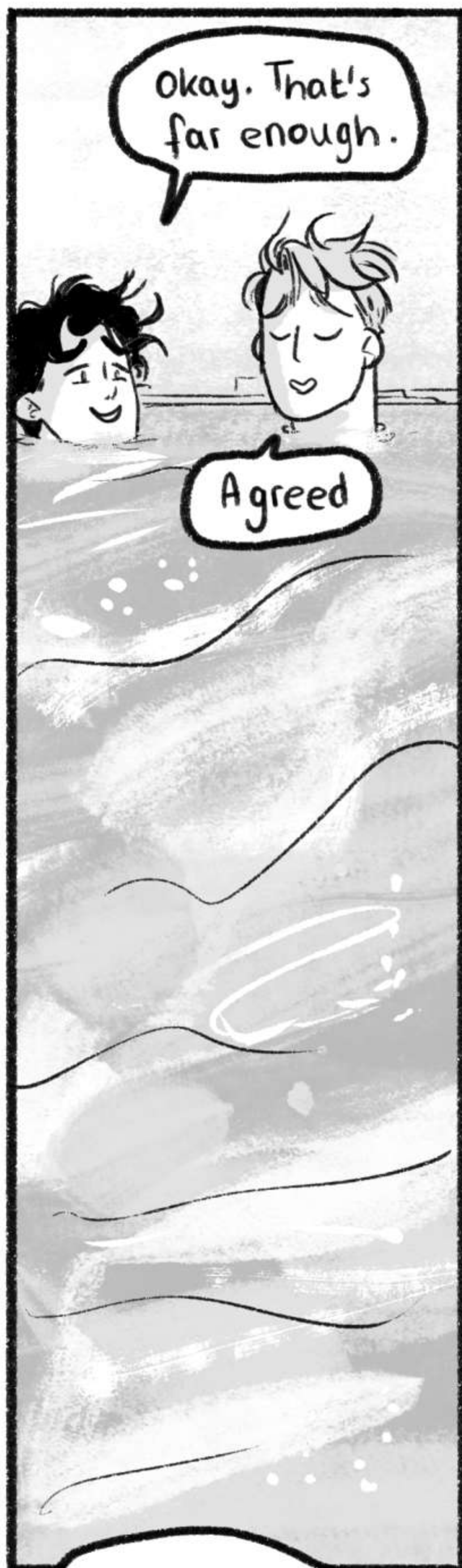


Keep it on



It'll dry
in the sun







I'll take
the risk

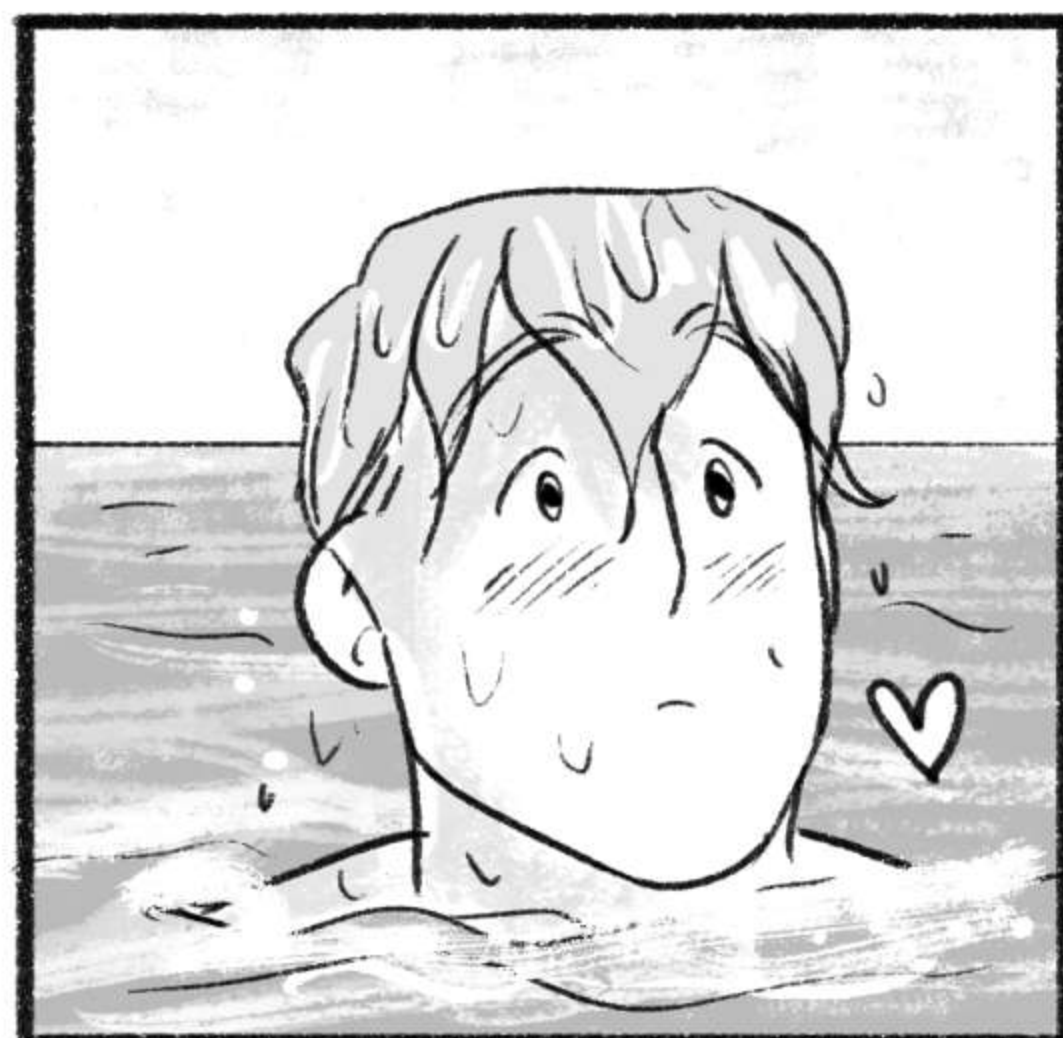


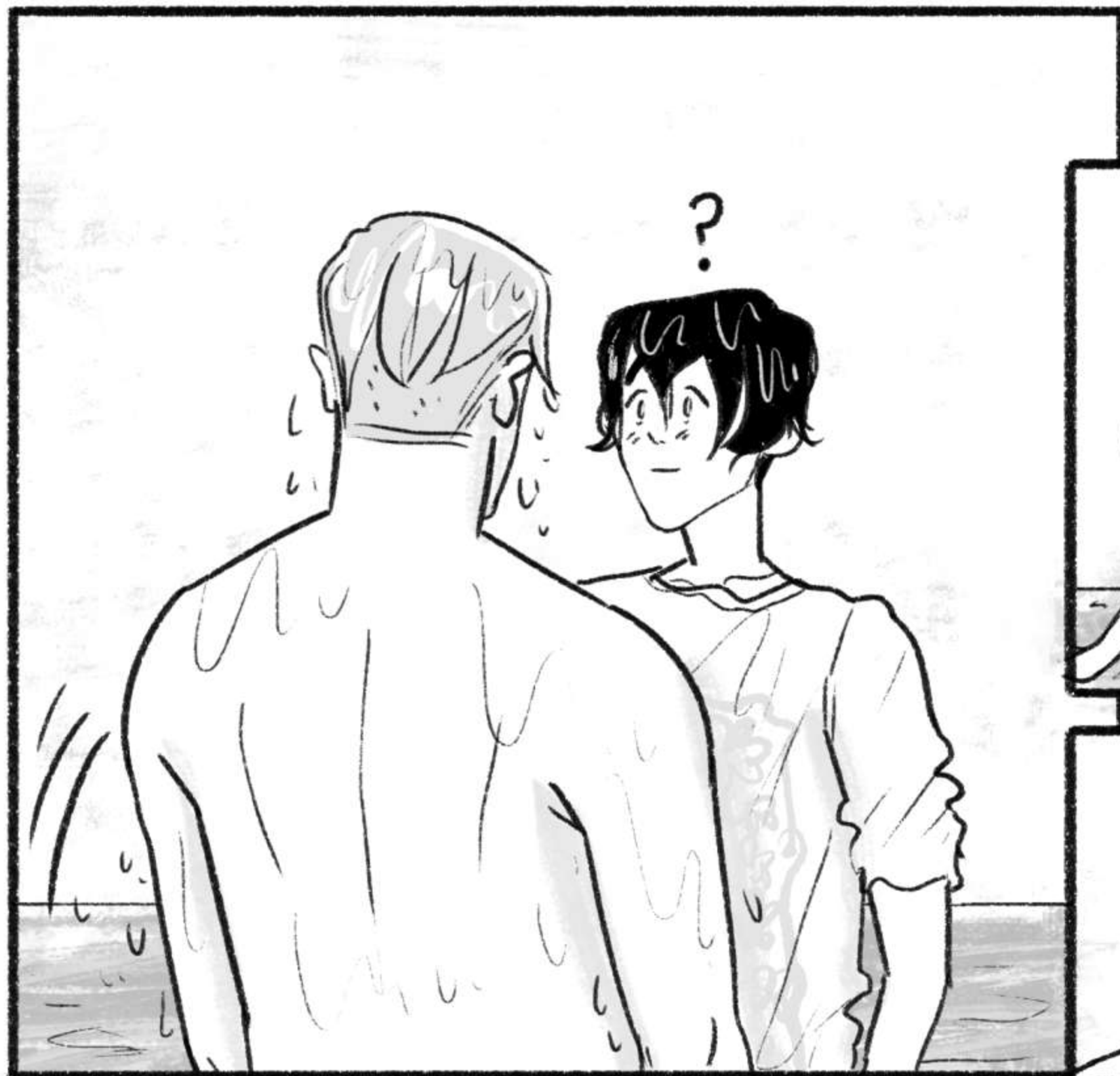


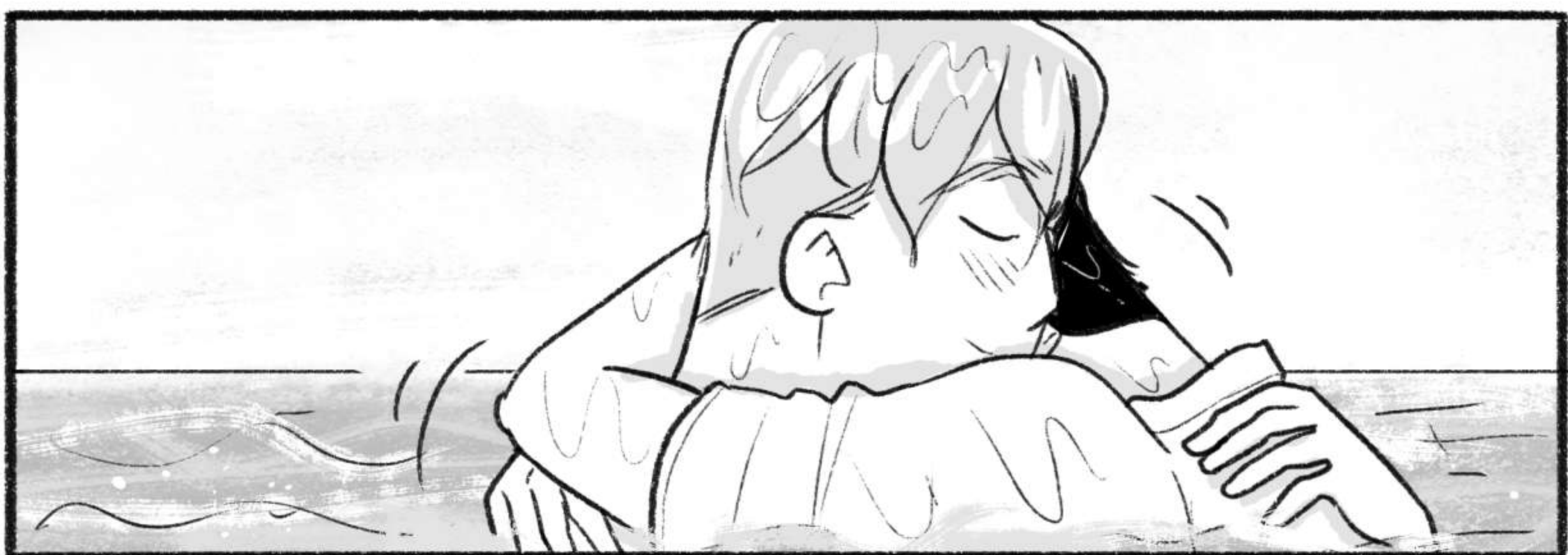
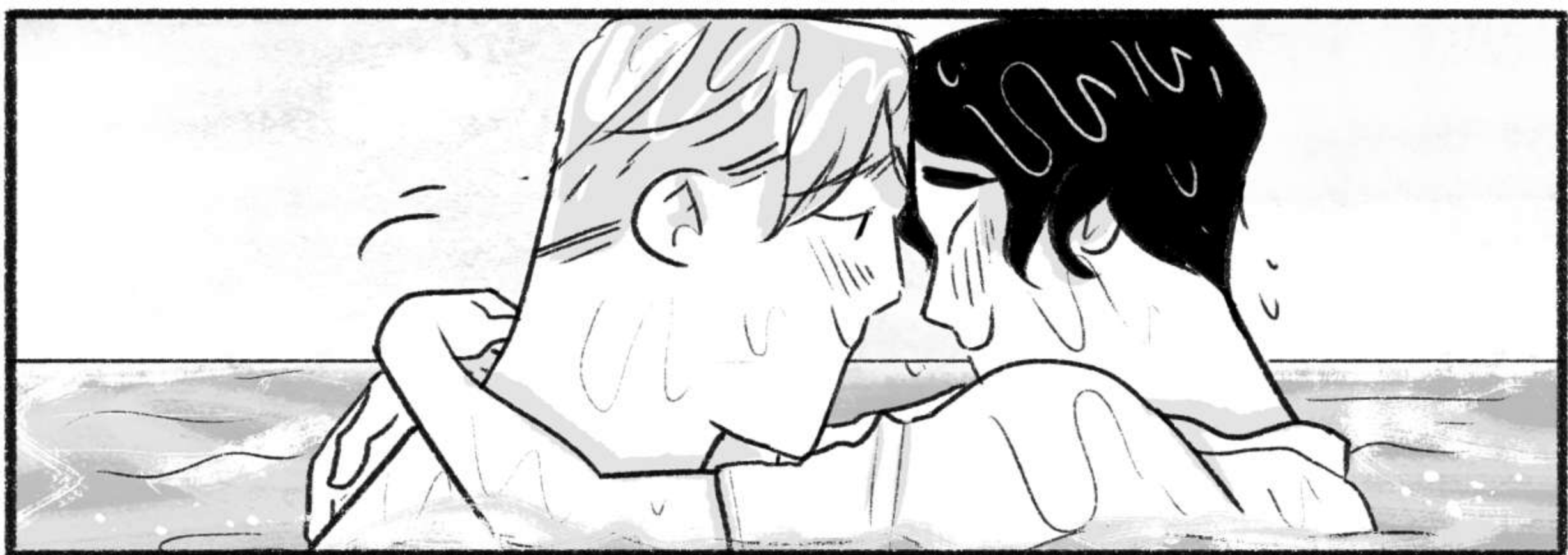
Hey!



I found a shallower bit!





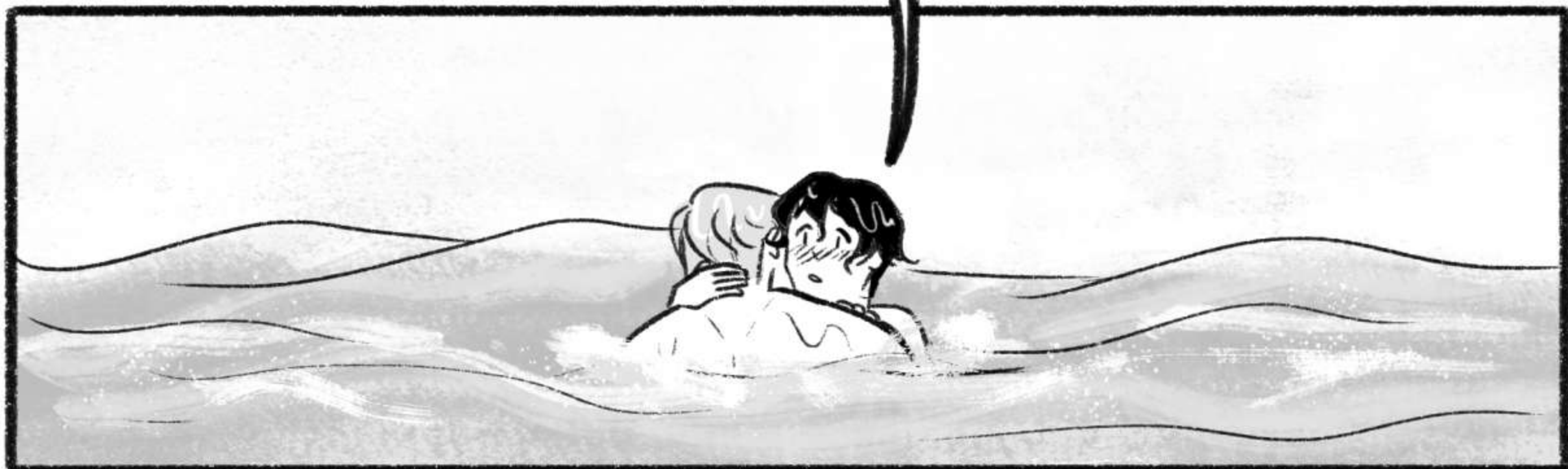






Nick?

I wanted to talk
to you about
something...



Oh...
yeah!
Me too!

R-really?
Oh- um-
you go
first!



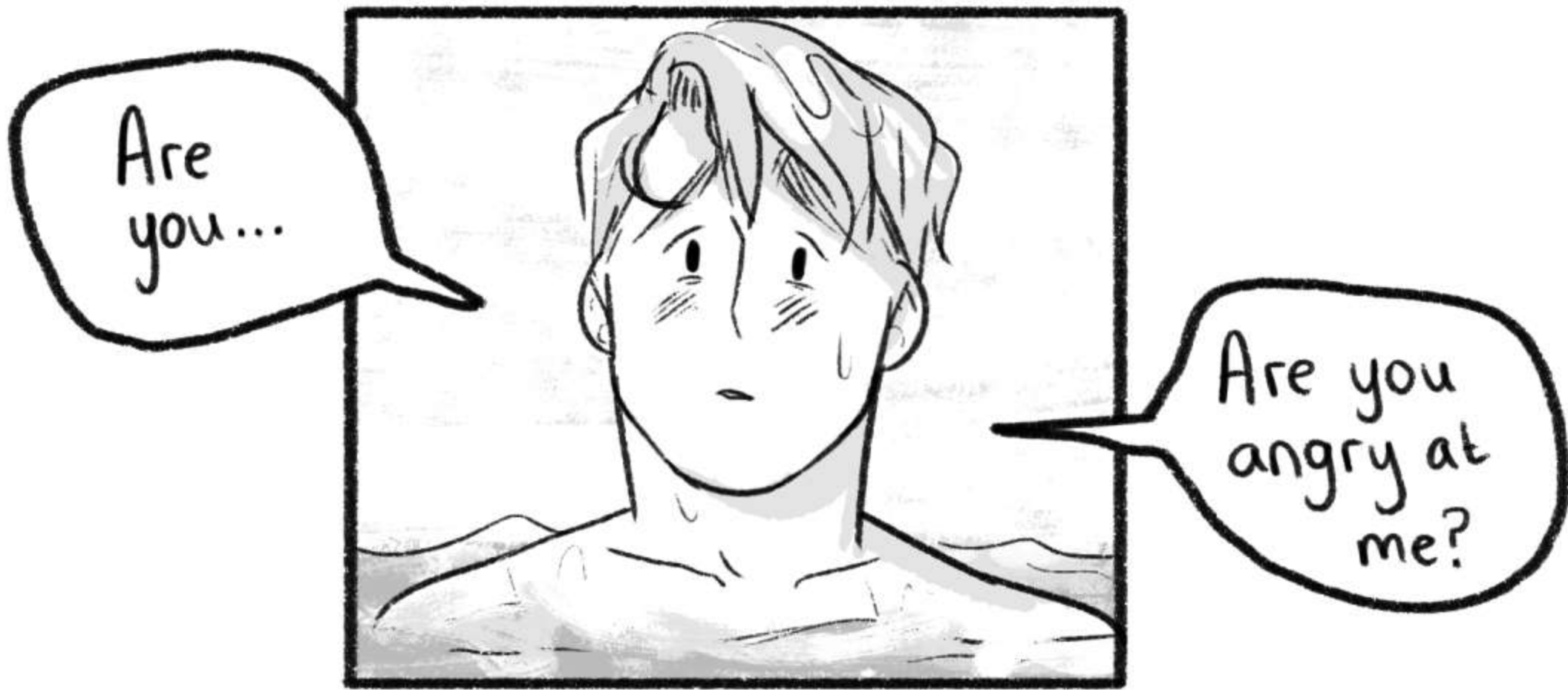
Okay, well, I...

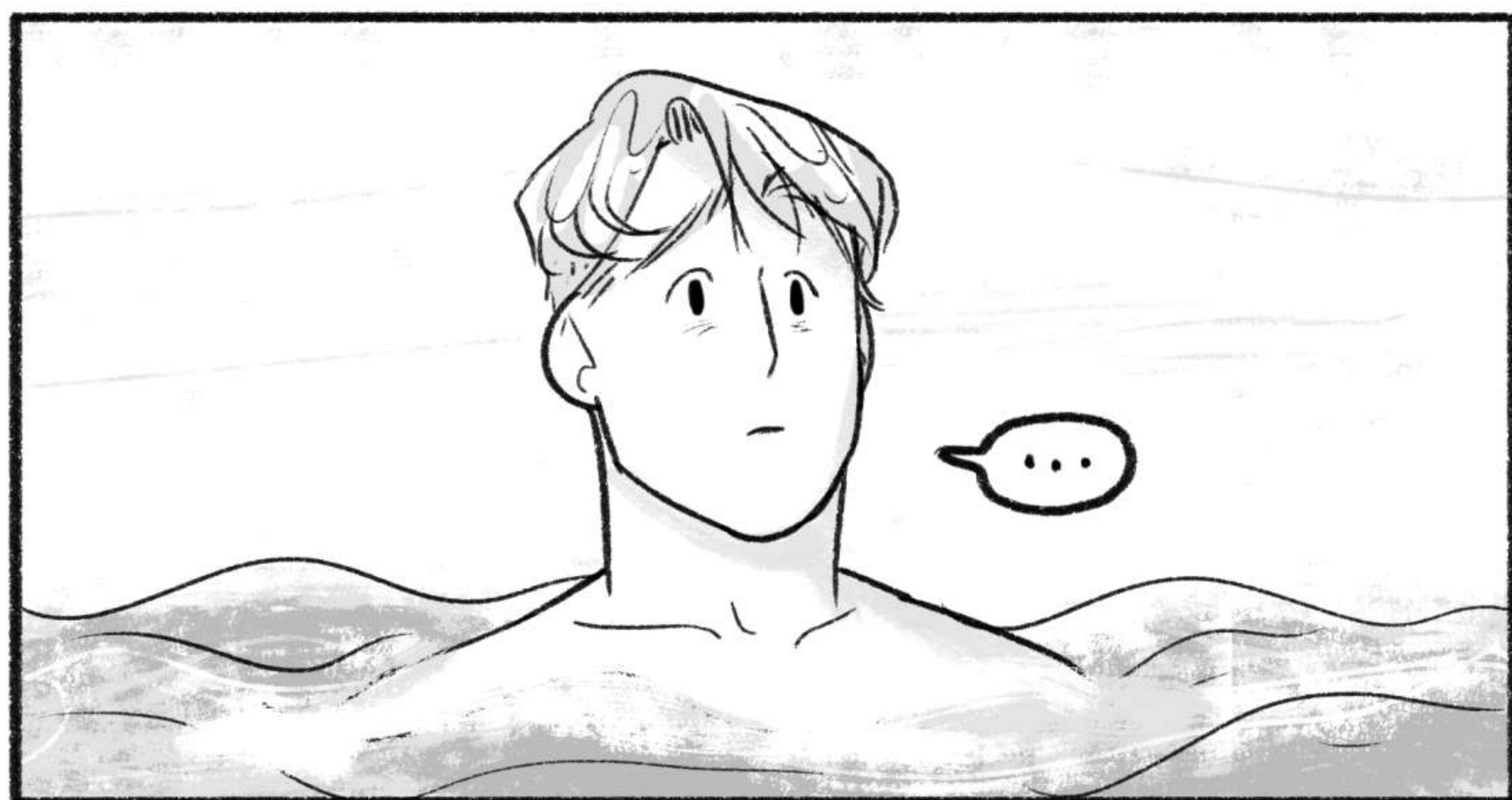


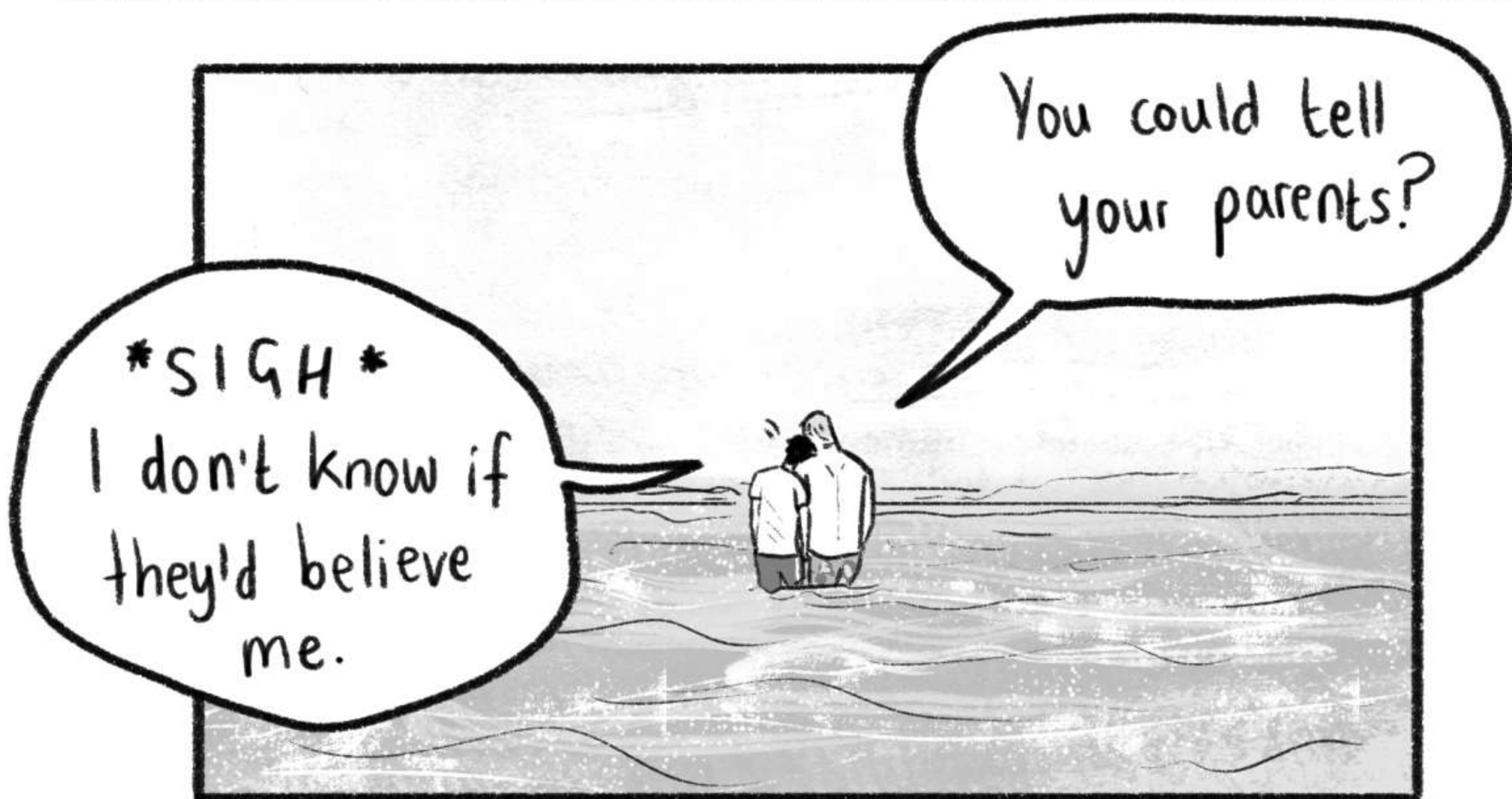
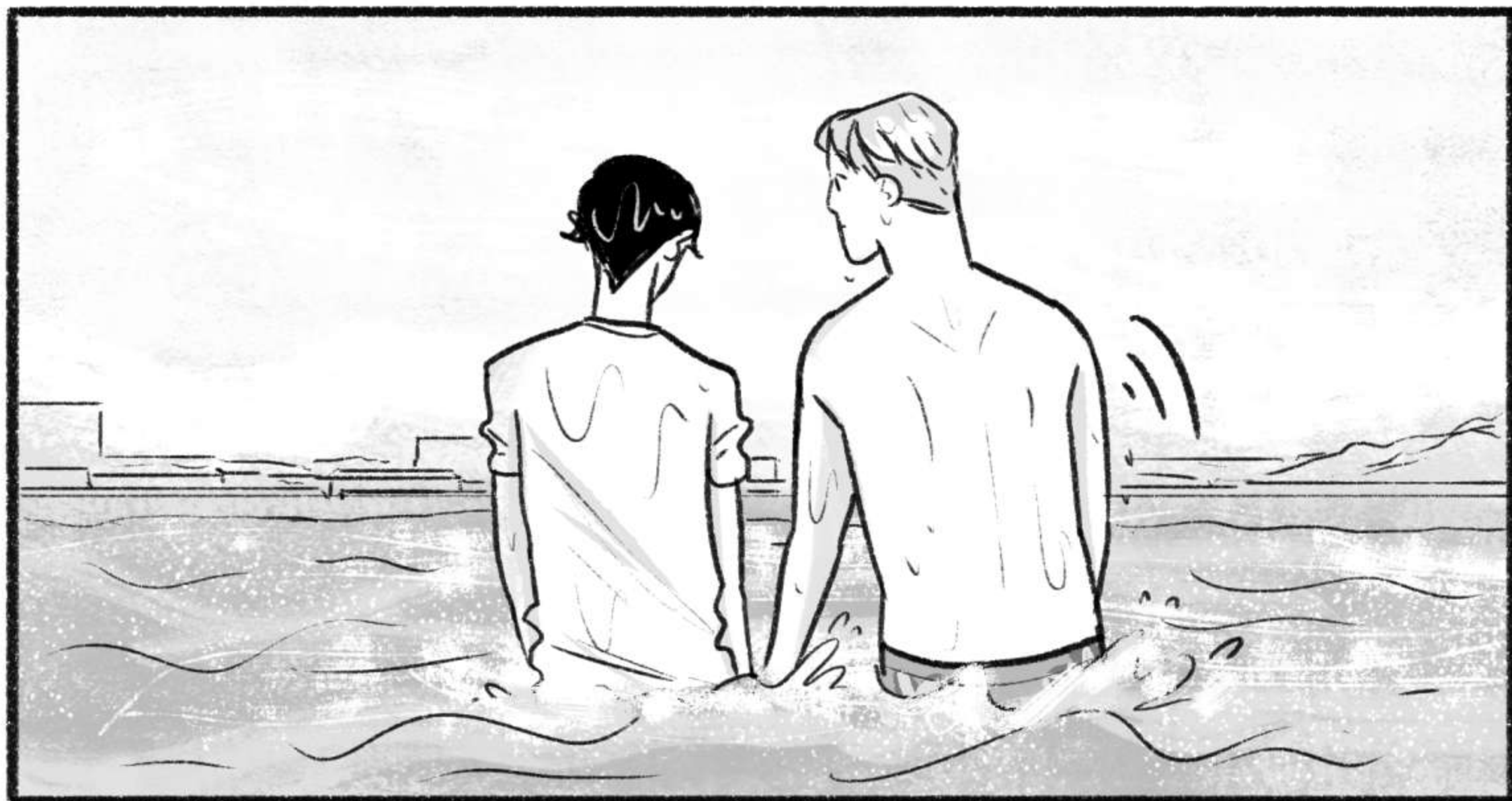
I think you
have an
eating disorder.



I've been
doing some
research and
I know you
don't want me
to, like, try to
cure you, but
I care about
you so much
and I can see
how much
worse it's gotten
over the past









Most people think
eating disorders are
... a girl thing.



But they're not!
I looked it up!
We can show
your parents
articles and
websites about
it!

We can explain
and- and then
they can help!



Yeah, we
can try.





Am I
dropping you
back at
your house,
Charlie?



Can you drop me at Nick's, please?



993



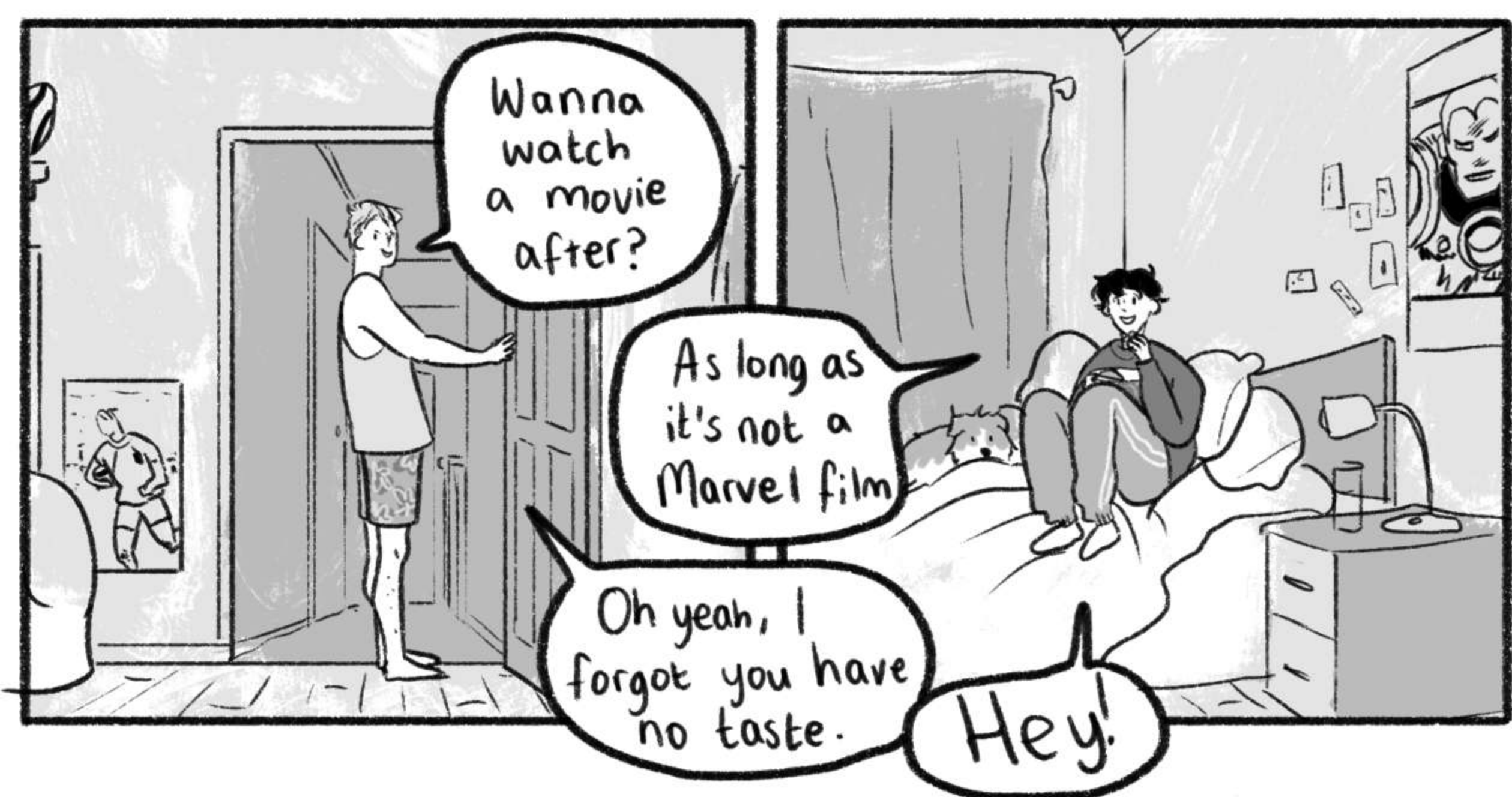


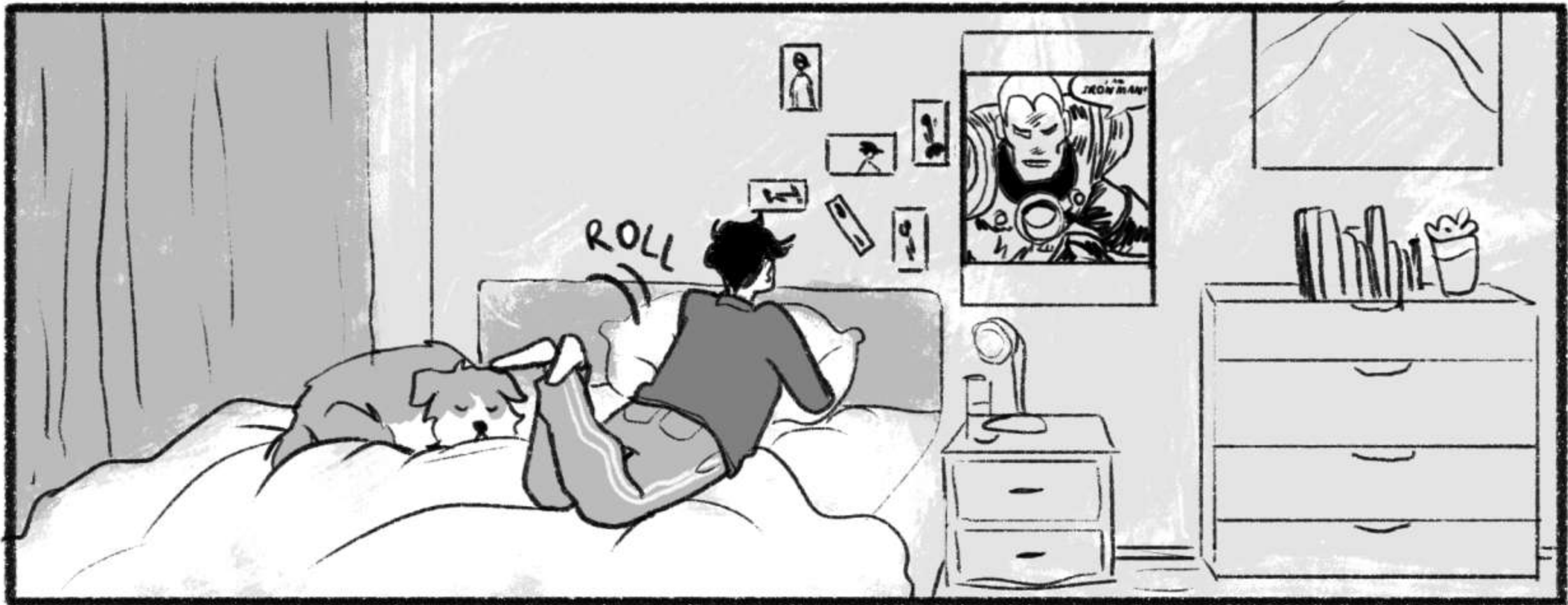
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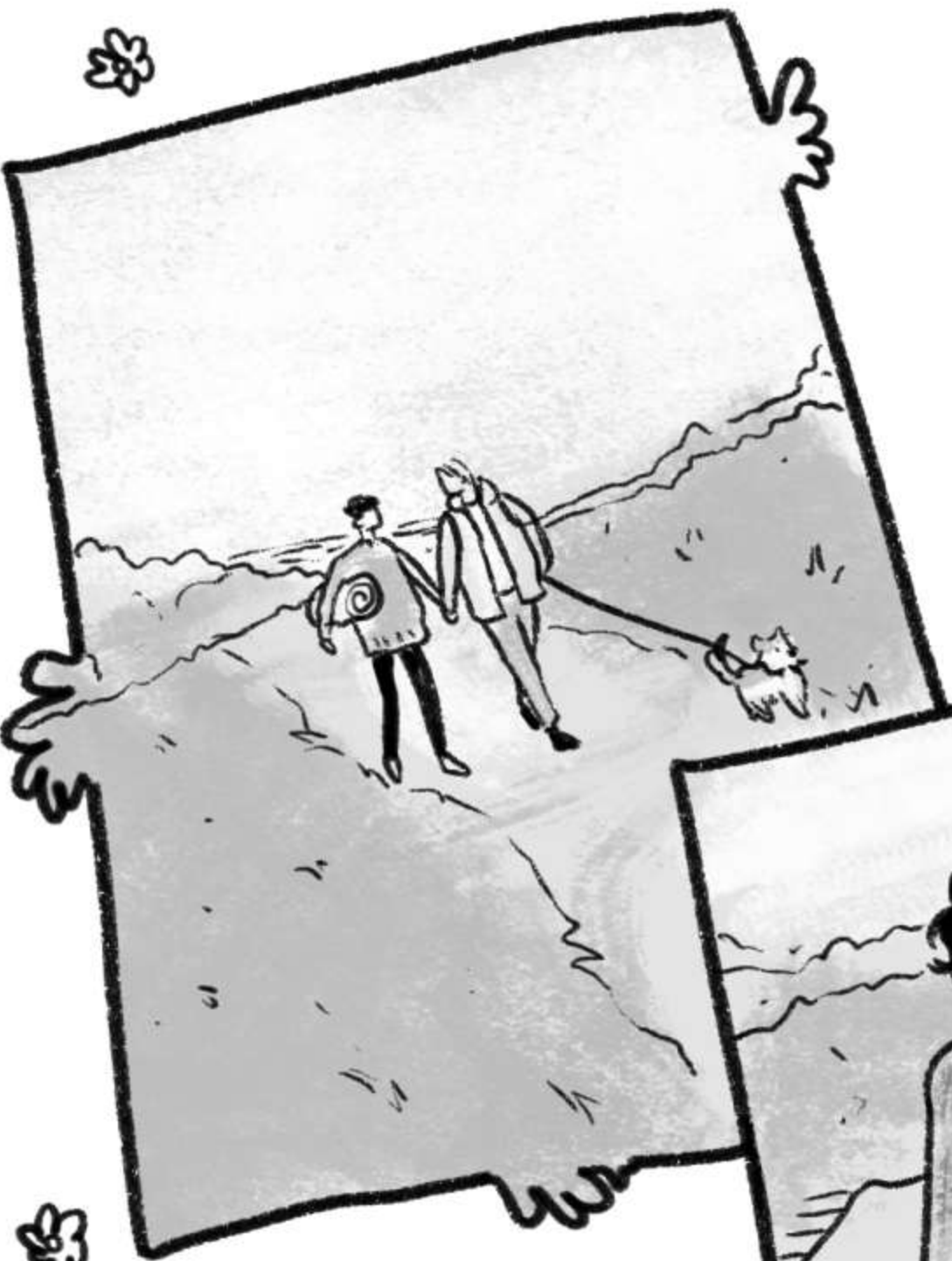




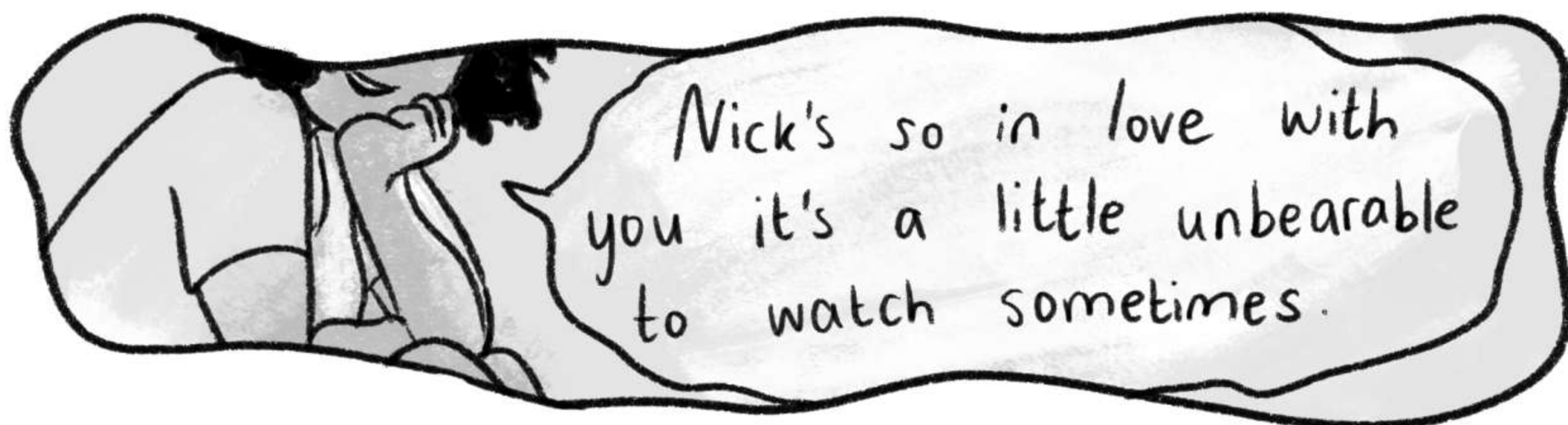


998





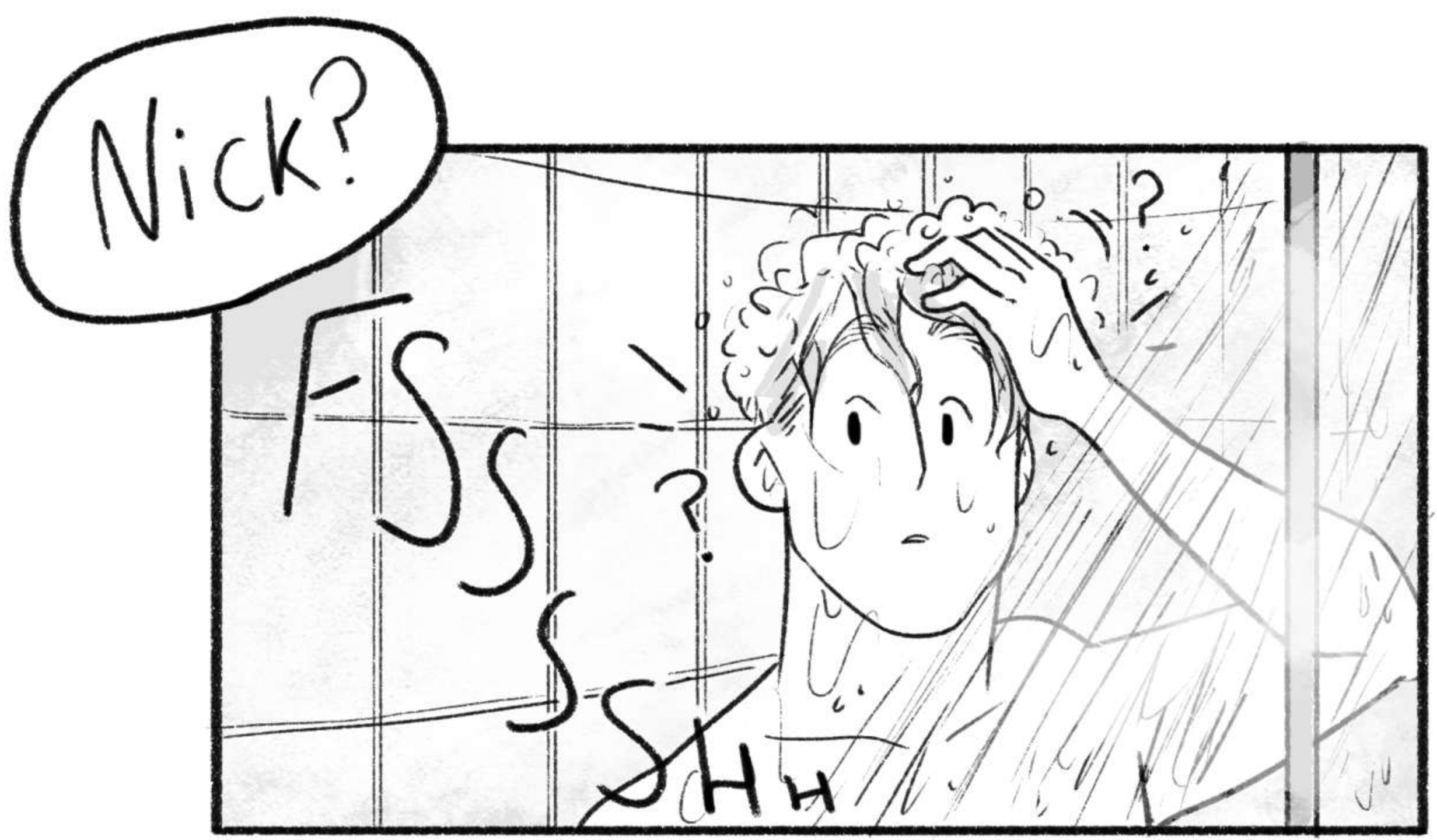


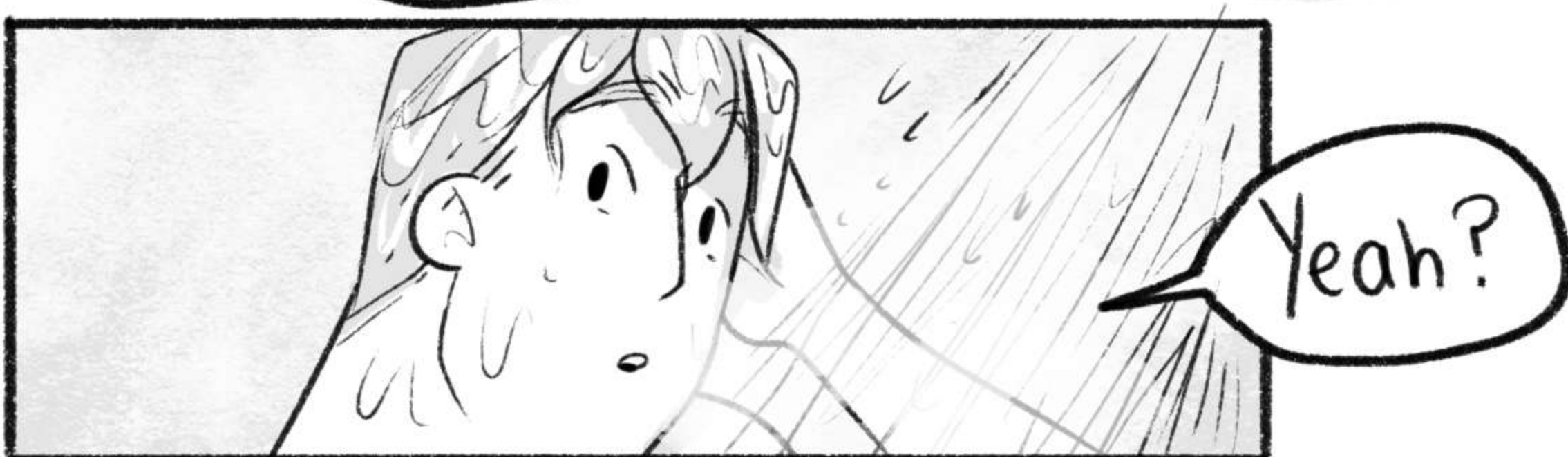


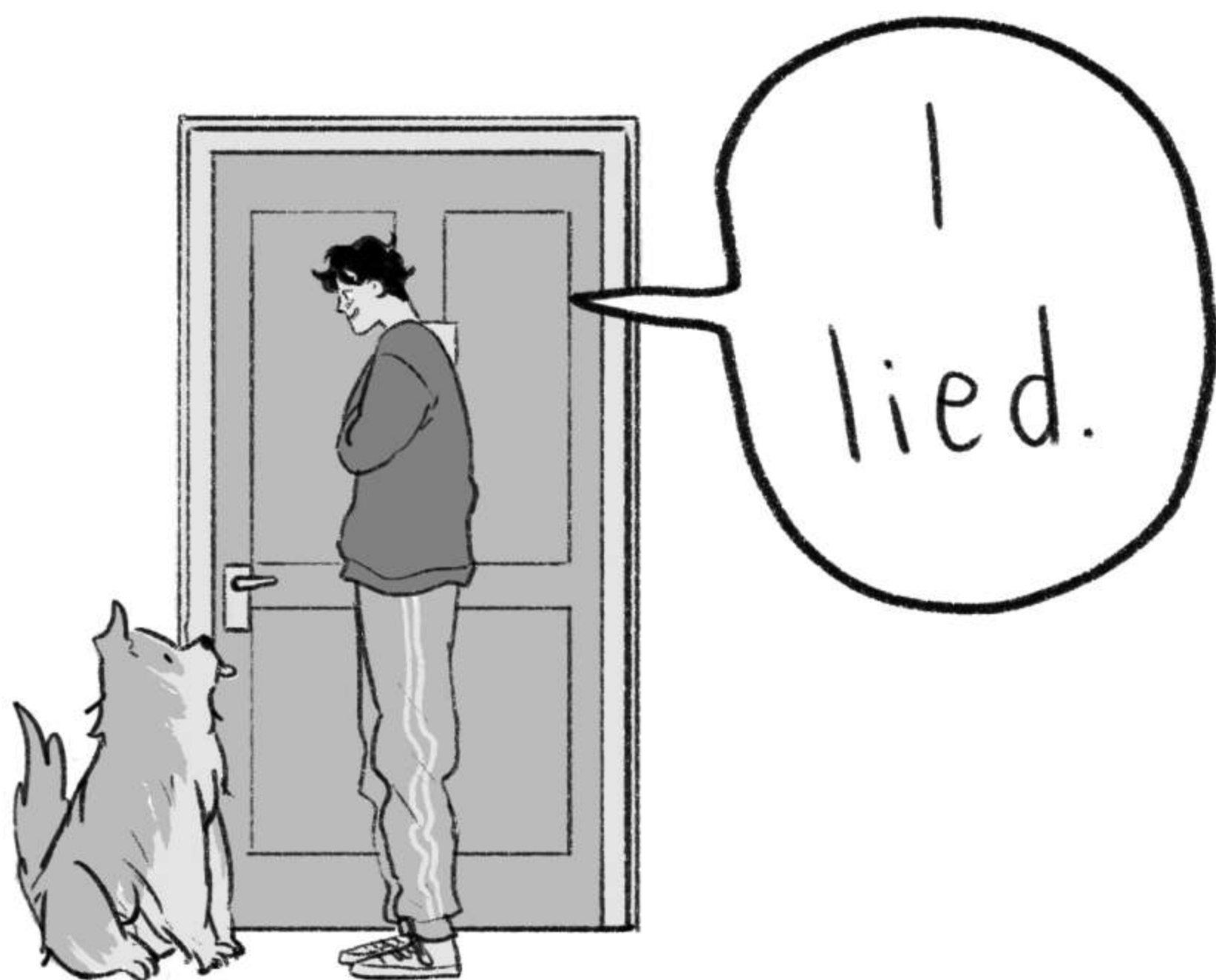


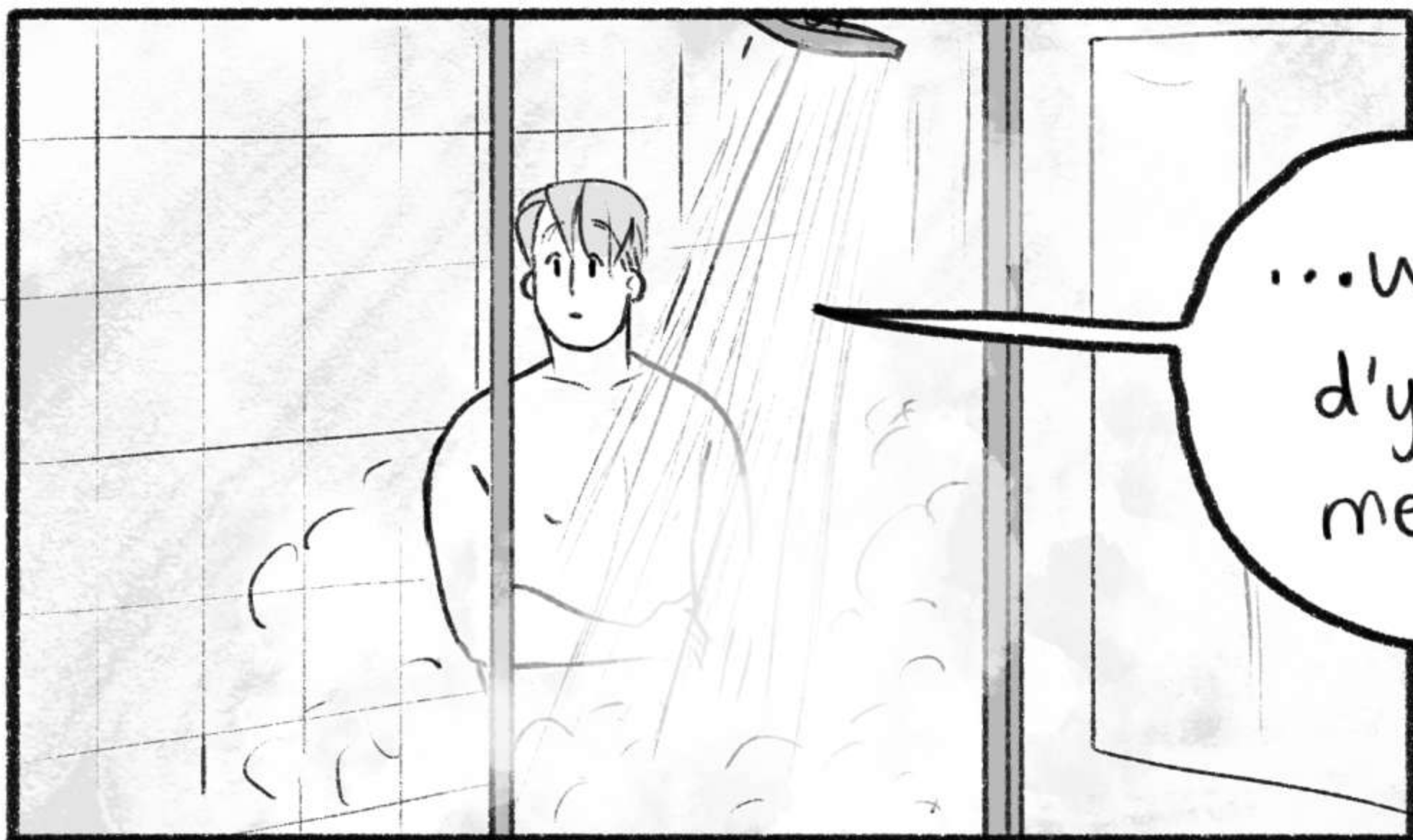












...what
d'you
mean?

When you asked me
whether the eating
thing was what I
wanted to talk to
you about. That wasn't
actually what I was
gonna talk to
you about.



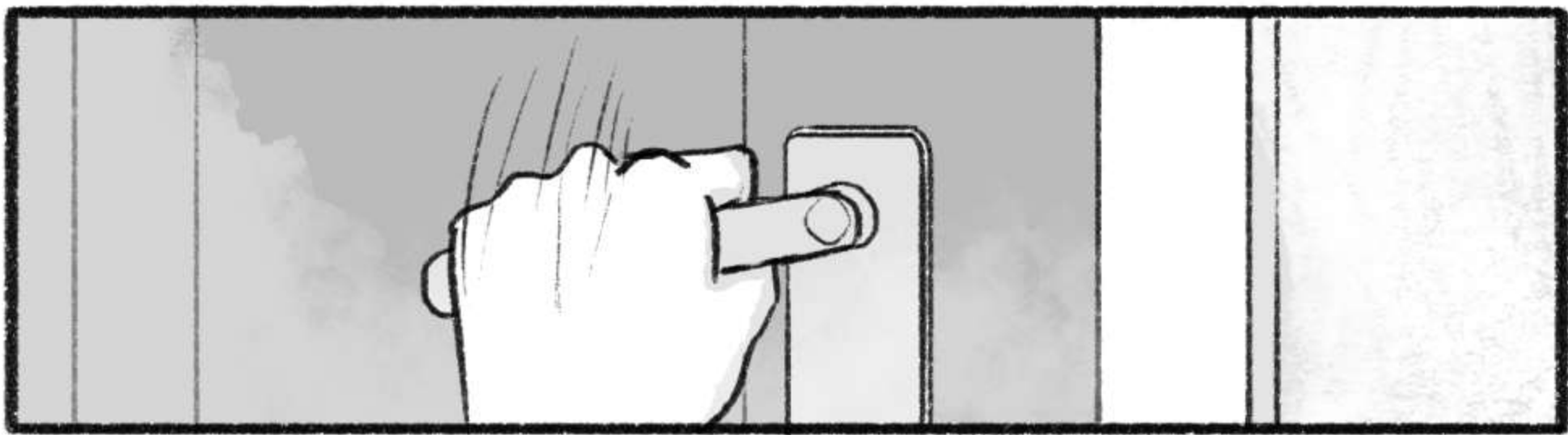
I was
actually
gonna say...















Nicky!!
You could at
least put
some shoes
on!







PAT
PAT



PAT
PAT
PAT



PAT

PAT



PAT

PAT

PAT











It's embarrassing



Want me to say it first, then?



Uh, I definitely said it first, I'm not letting you have this one!!



HA
HA
HA!



And you don't have to say it back! I just wanted you to know because I'm not gonna see you for weeks and-









You're
still
damp!



Yeah, well, you
said 'I love
you' for the
first time
while I was
IN THE SHOWER.

Oh my
God, why
did I do
that?



Why are
we like
this?

Because
you're
Charlie.

And you
love me.

And I
love you.







Charlie.





omg



can i come to menorca with you pls



Plane leaves in 90 mins!

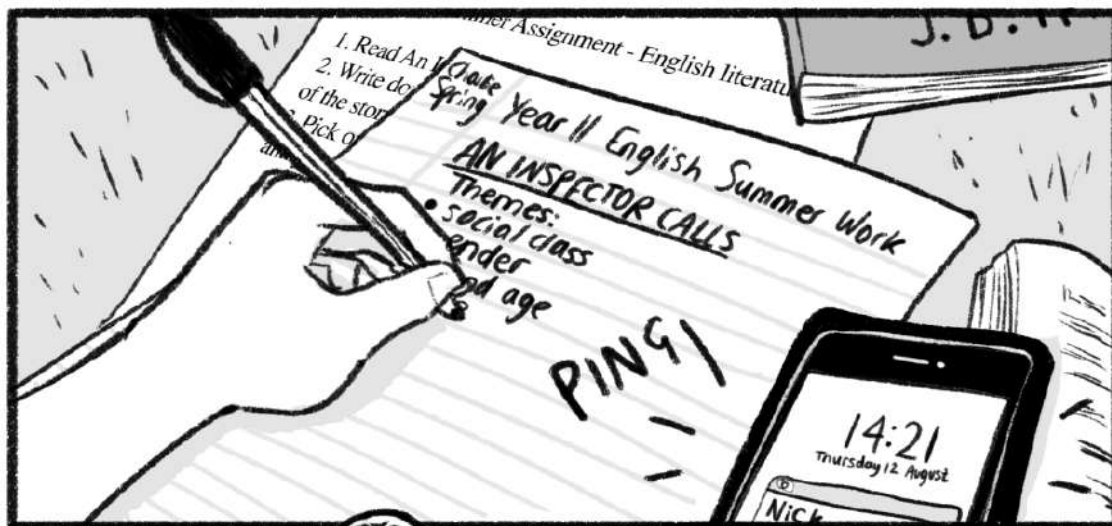
Can you run that fast??



i could try

i could fit in your suitcase





We've landed!!

come back 😊

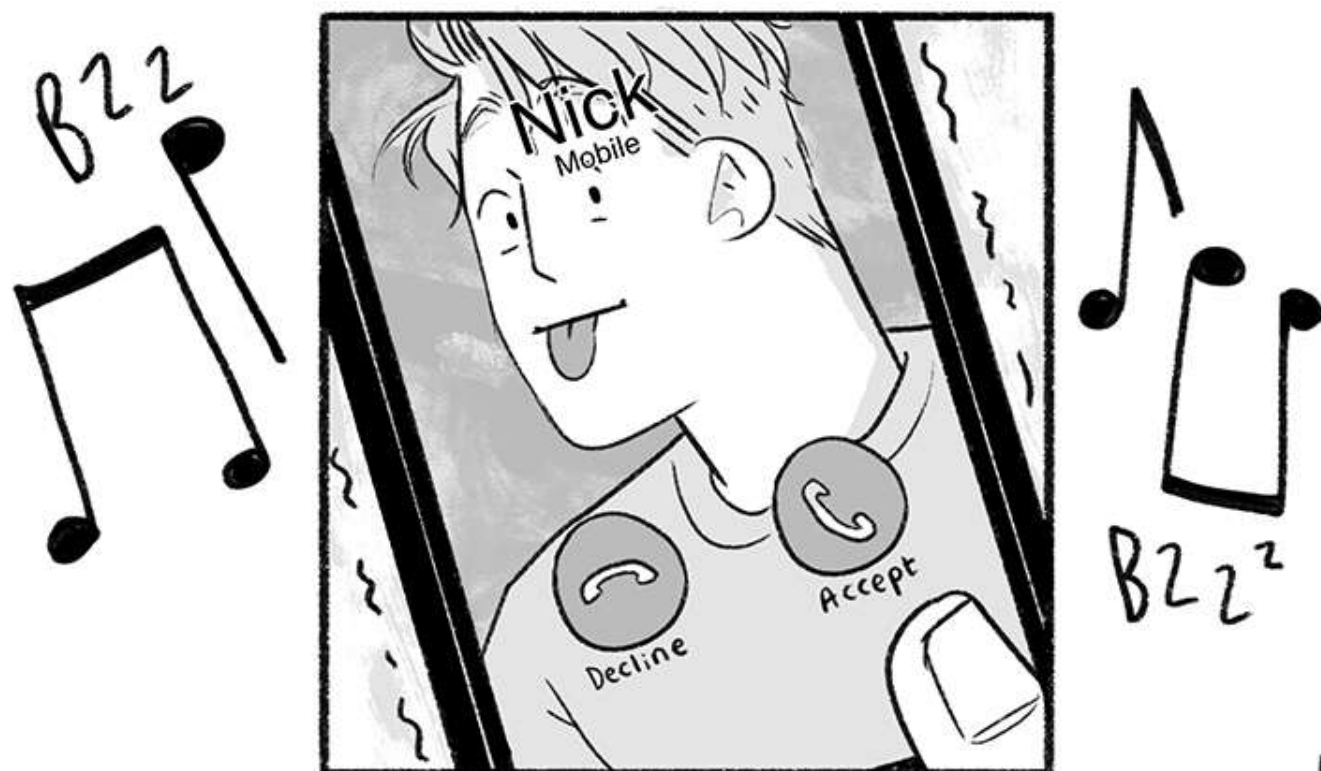


Are you gonna talk to your parents about the eating thing?

i'll try xx



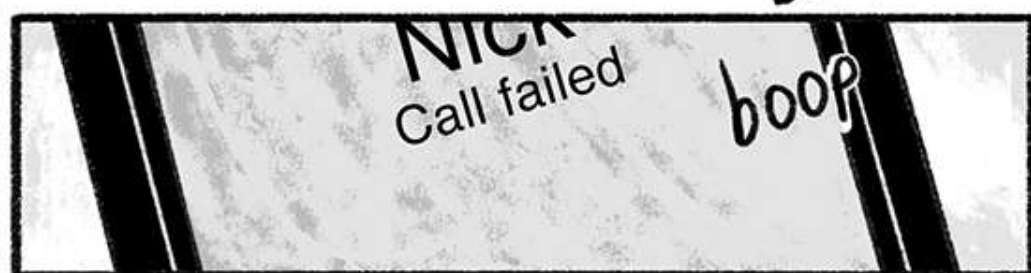








CLICK boop boop boop





I'm not stupid, Charlie.
You came home yesterday
wearing his clothes.

The scene is a living room. A boy in a striped t-shirt and jeans stands on the left, looking towards a girl on the right. The girl has long hair and is wearing a light-colored top and dark pants. She stands with her arms crossed near a doorway. A laptop sits on a coffee table in the background.

BUT—

And you shouldn't
be hanging out with
him every day. You
have summer work.
You're about to go
into your GCSE year—

What, so I'm not
allowed to have a
boyfriend now?

Don't twist
my words,
Charlie
Spring.



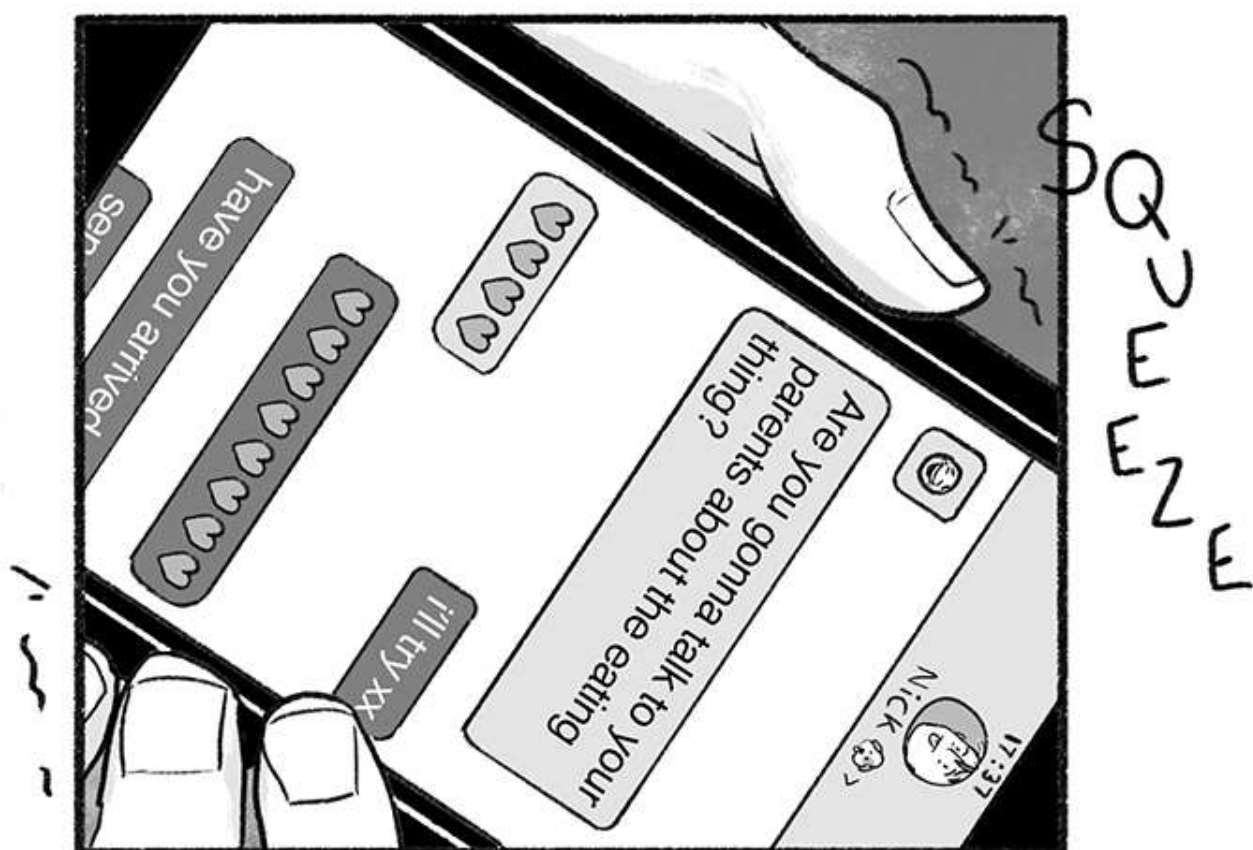
I'm just making sure
you don't mess
up the other
parts of your life
while you're obsessed
with a school
romance!

The boy is sitting on a set of stairs, looking down with a thoughtful or sad expression. He is wearing a light-colored t-shirt and jeans.



It's not just a
school romance!
I love him!!!

The boy is sitting on the stairs, looking up at a man who is standing and talking to him. The man has a beard and glasses and is wearing a striped shirt and tie. He is holding a mug that says 'DAD'.









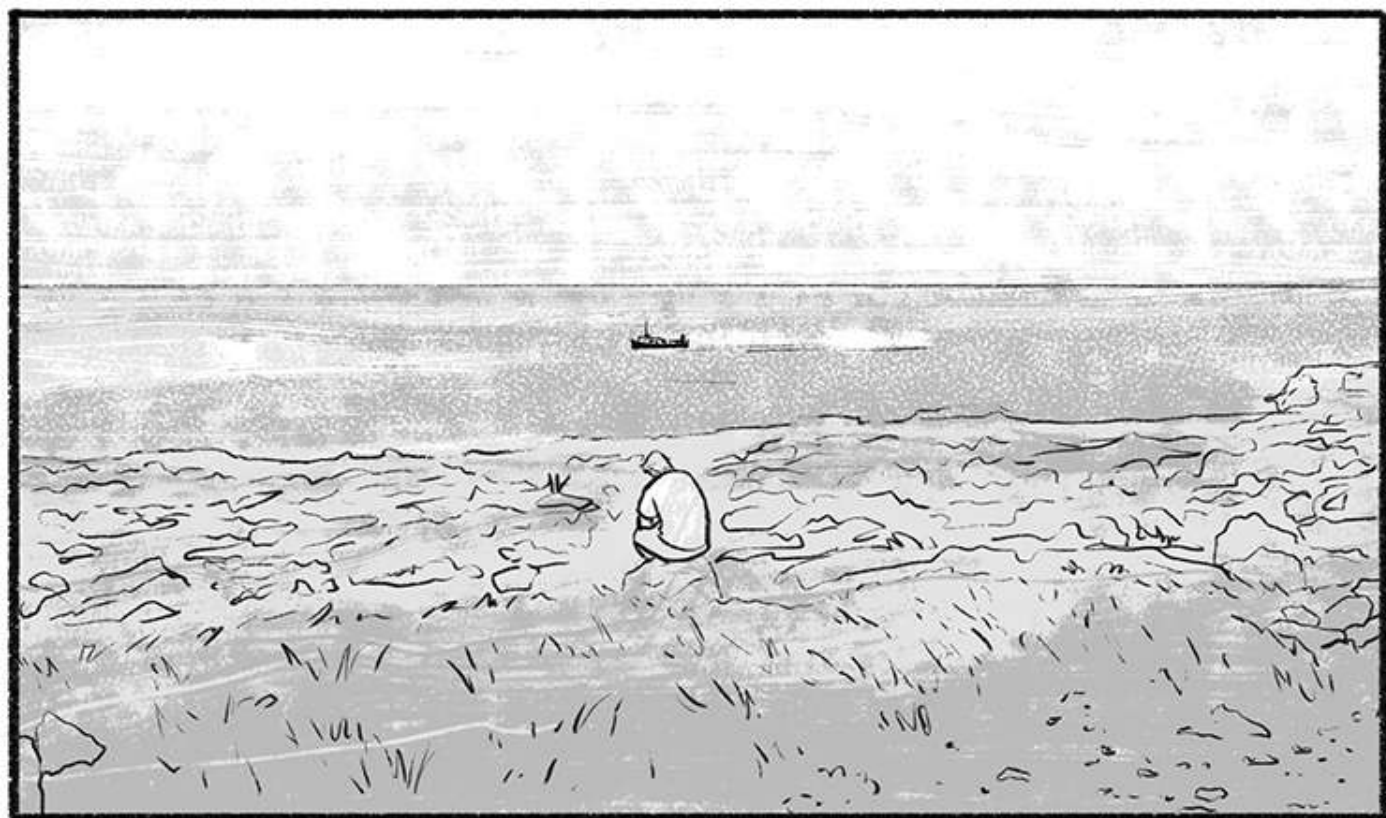
The first week.







The second week.



Hey!! How's your day??? 😊









What
the f-

David!

What? We're on
holiday! Get off
your phone!

Just fuck
off.

Ooooooh don't
throw a strop!



You've been on
your phone to
your little boyfriend
non-stop.

Didn't know
you gays
were so
co-dependent!



The third week.



Tori! You couldn't have dressed up a bit for dinner? Your grandparents have come all the way from the south of Spain!



Just go and fetch your brothers, please! They'll be here soon!

EYE ROLL



knock
knock

Charlie?







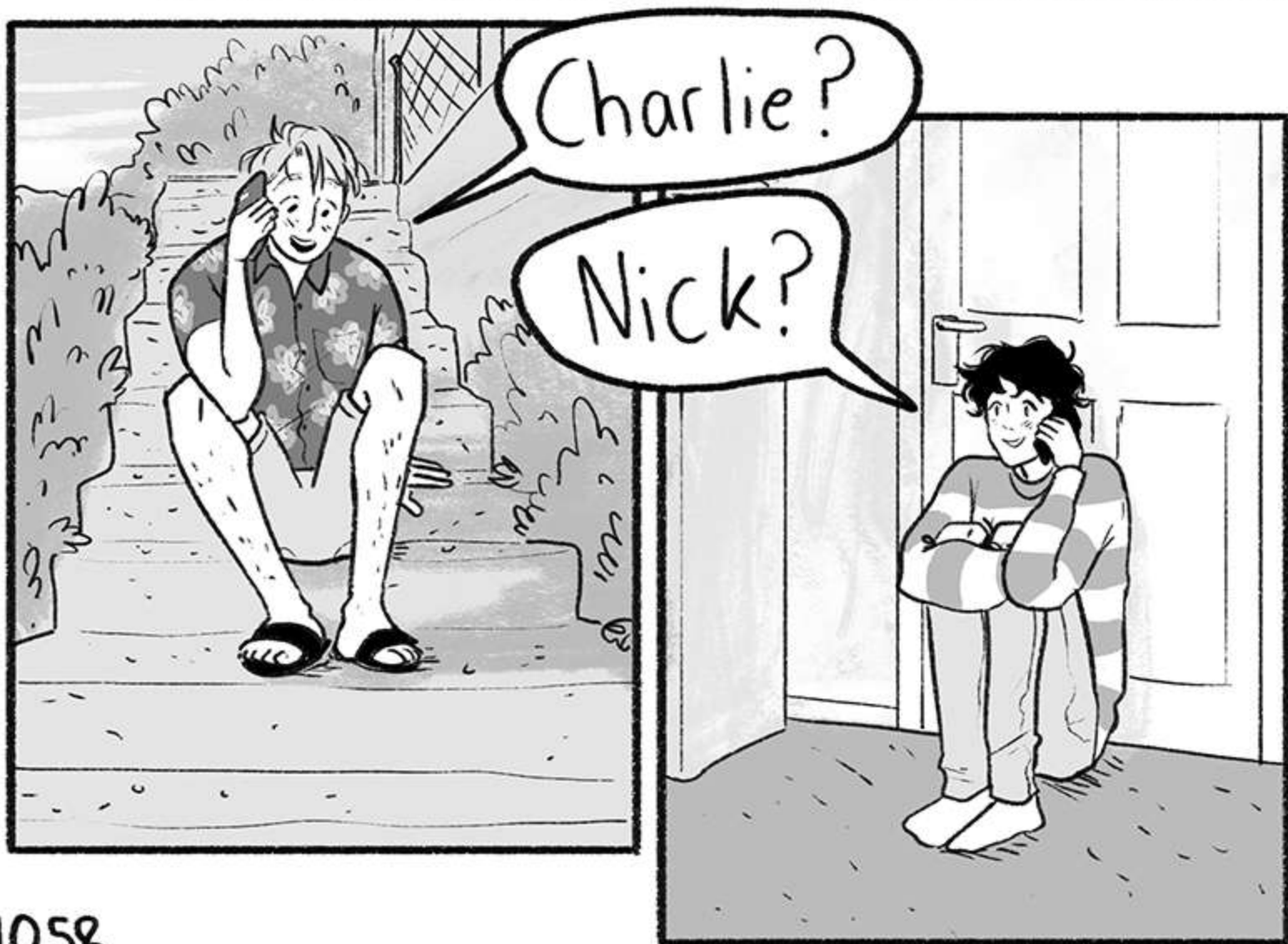
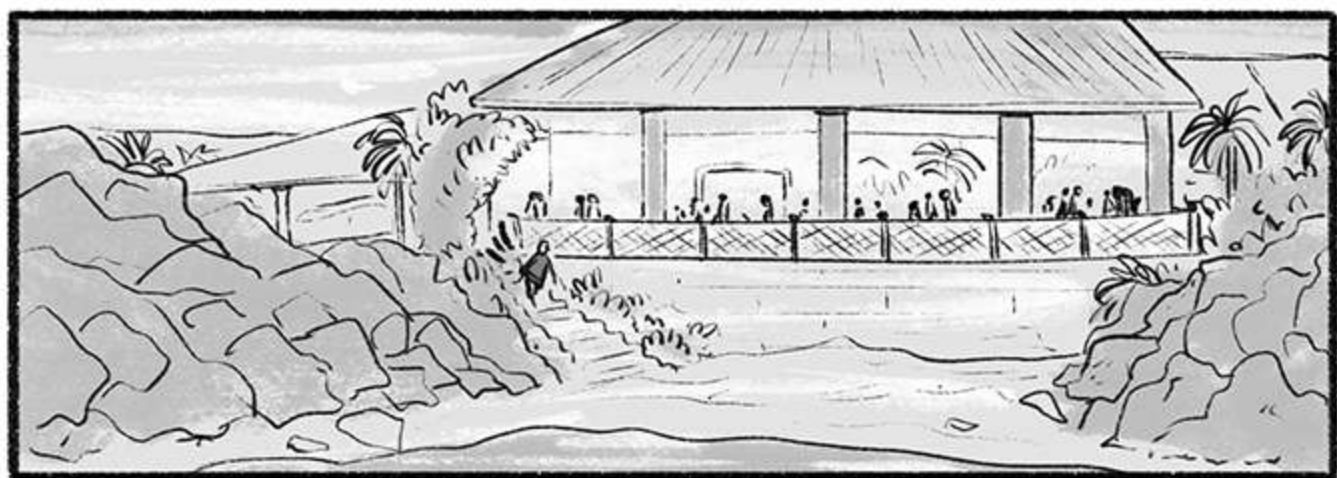
Can you believe it's our last night in Menorca already? These three weeks have flown by!

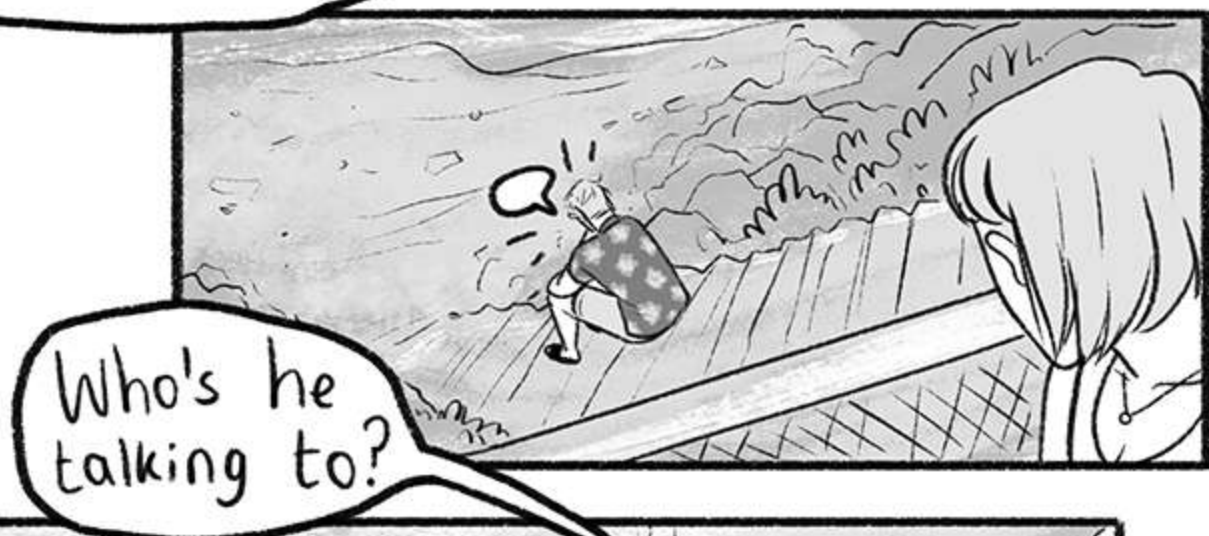


I'm sort of missing good old English weather!









Be quiet, David.



I've had enough of your snidey little comments this holiday.



If you're going to be nasty, you can stay home next year.



huff



So... is everything else okay? You know... with the eating thing.



I just... can't tell
them stuff.

My mum isn't like your
mum. We don't- we don't
talk about things.
Emotional things.

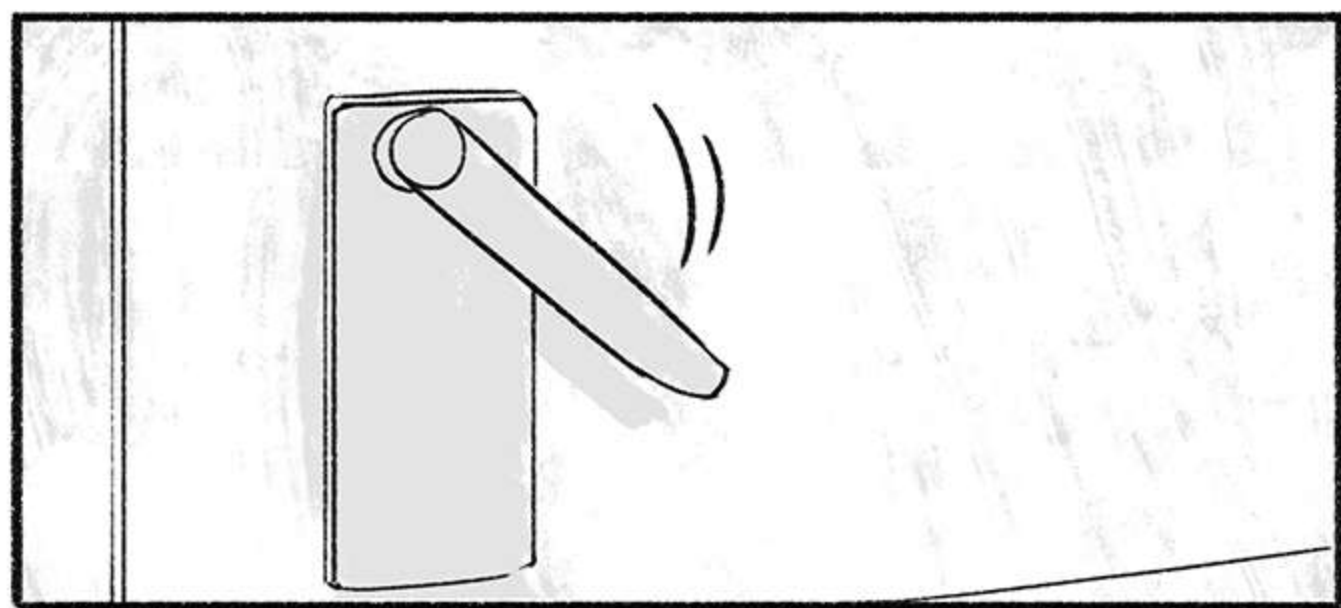
She just gets
angry at
me.



But...



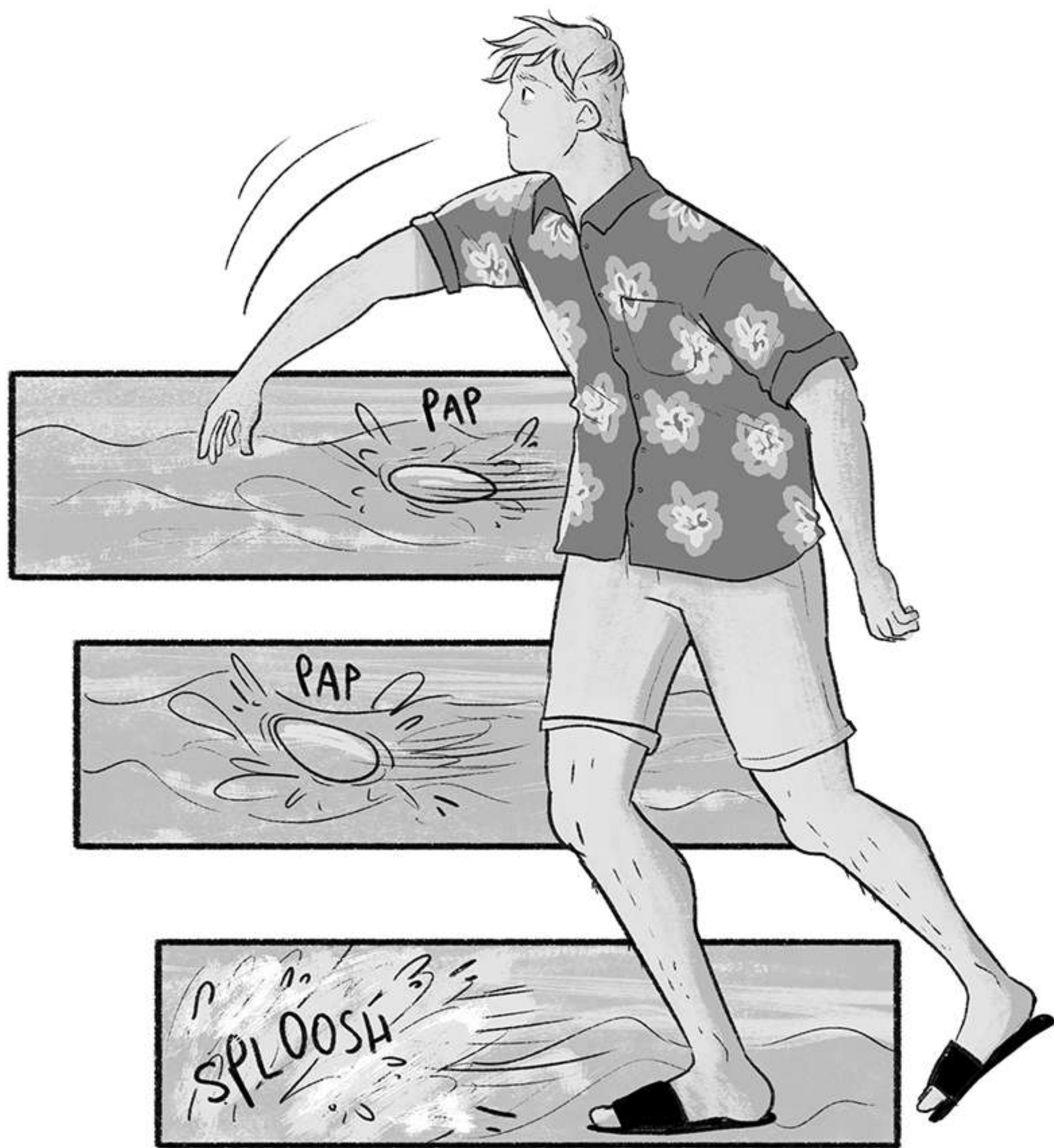
Charlie,
I...





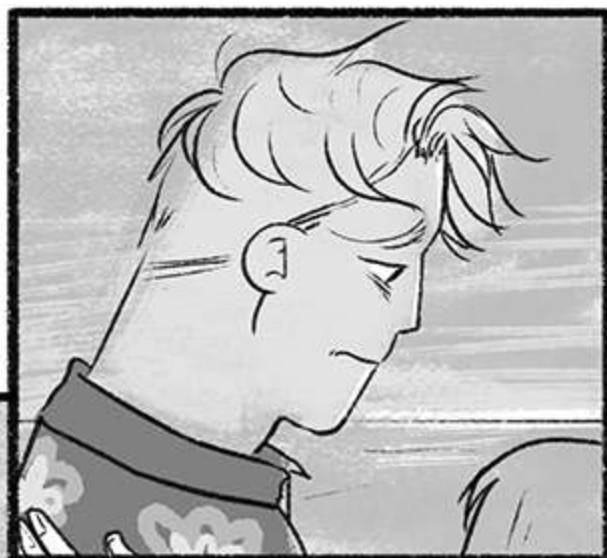






1067





I think Charlie has
an eating disorder.
And I don't know
what to do.



An eating disorder...
Are you sure?

Yeah, he- he
just can't eat
sometimes. A
lot of the time.





He finds eating really difficult and it makes him so anxious, and it's gotten really bad lately,



and I've been trying to get him to talk to his parents but he said he just CAN'T, he can't talk to them about stuff like that, and-



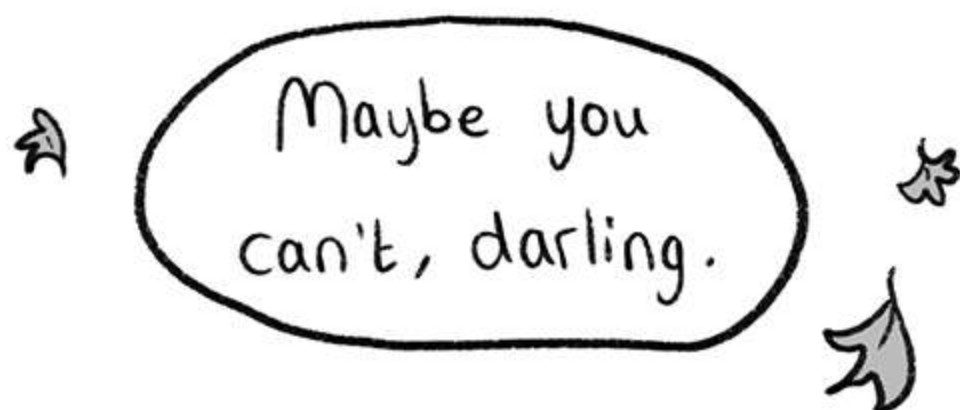
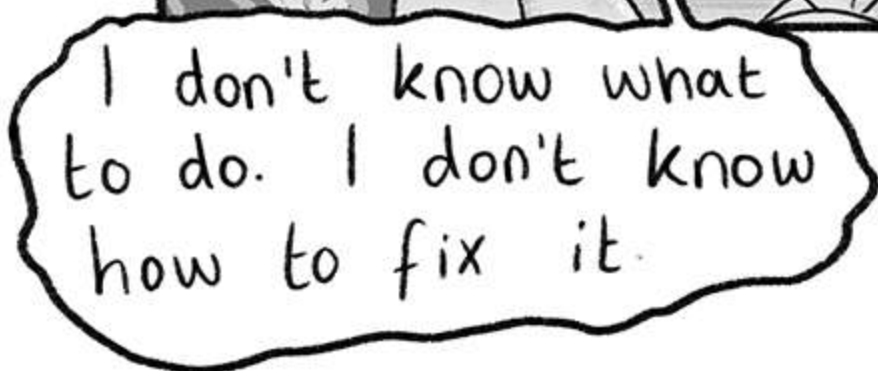
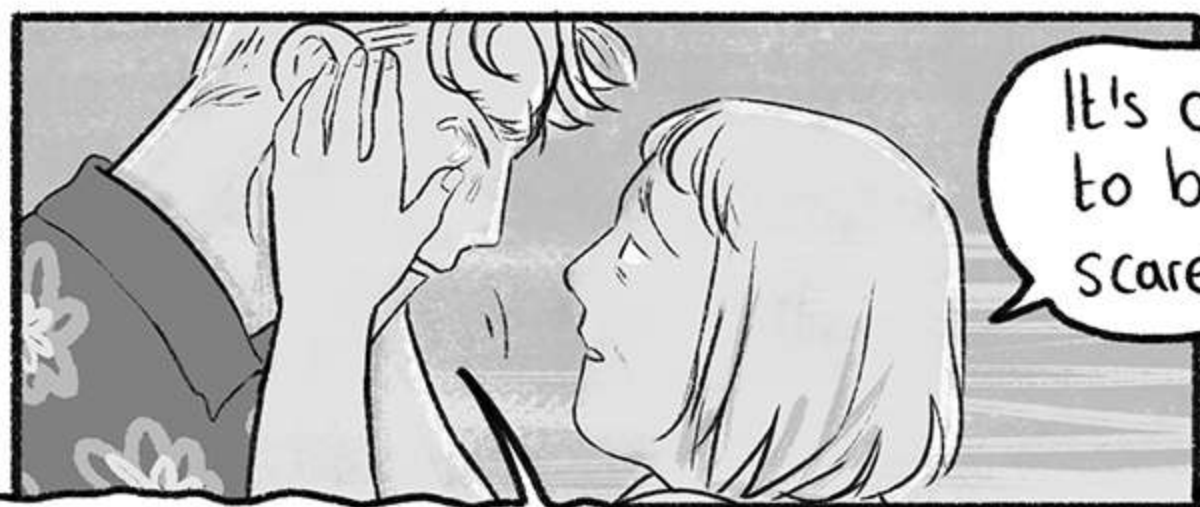
I just don't know what to do now. I don't want to force him to eat because that would just

make him upset and stressed, but...

... if I don't do anything, then he'll- he'll just-









What?
But- I
have to!

I'm his
boyfriend!



I know,
baby.

And you
love him so,
so much.



I'm sure
he loves
you too.



And I know
you feel
like it's
your job to
'save him'.





I know it
feels like you're
both each other's
whole world,

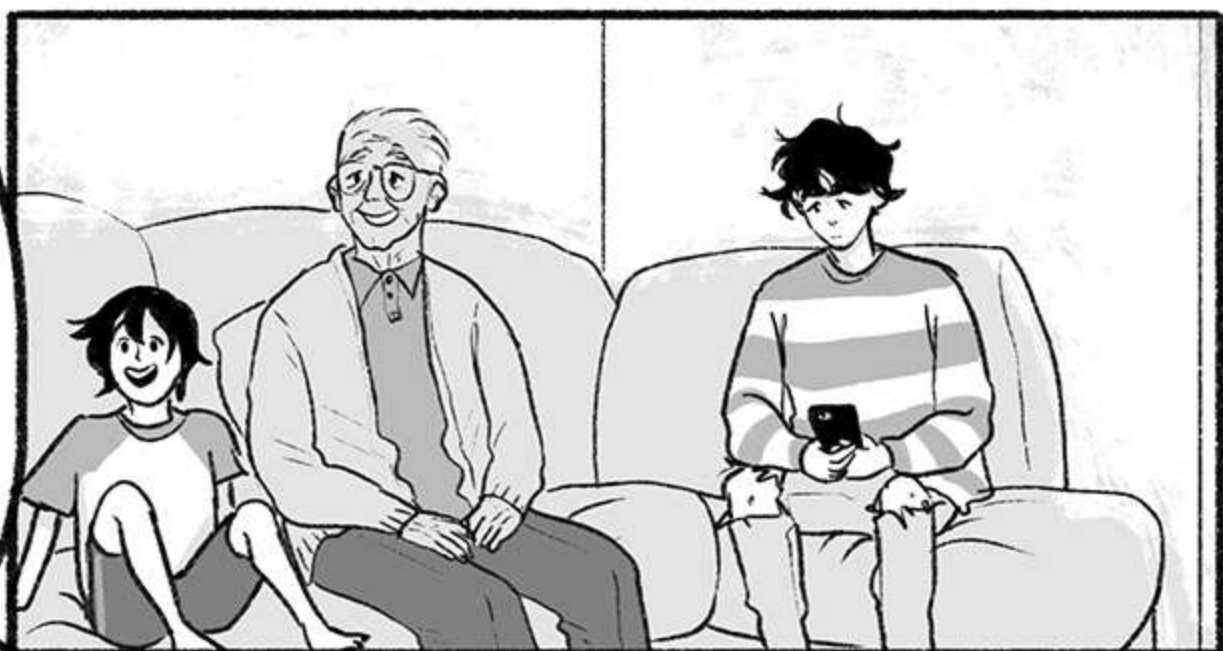
but that
dependency
isn't healthy
for either
of you.



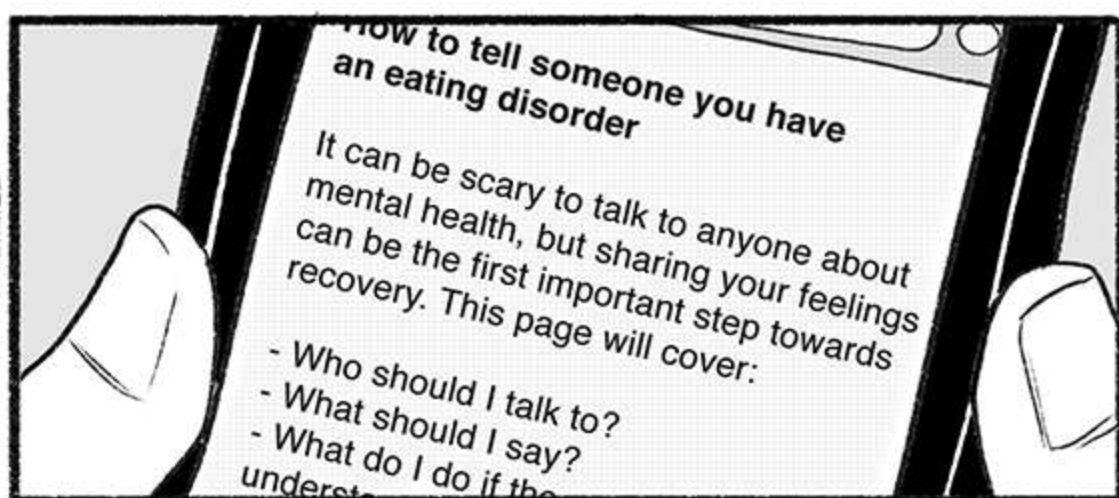
Charlie needs
to seek help
from someone
who isn't his
sixteen-year-old
boyfriend.



He needs help from a doctor or a therapist-

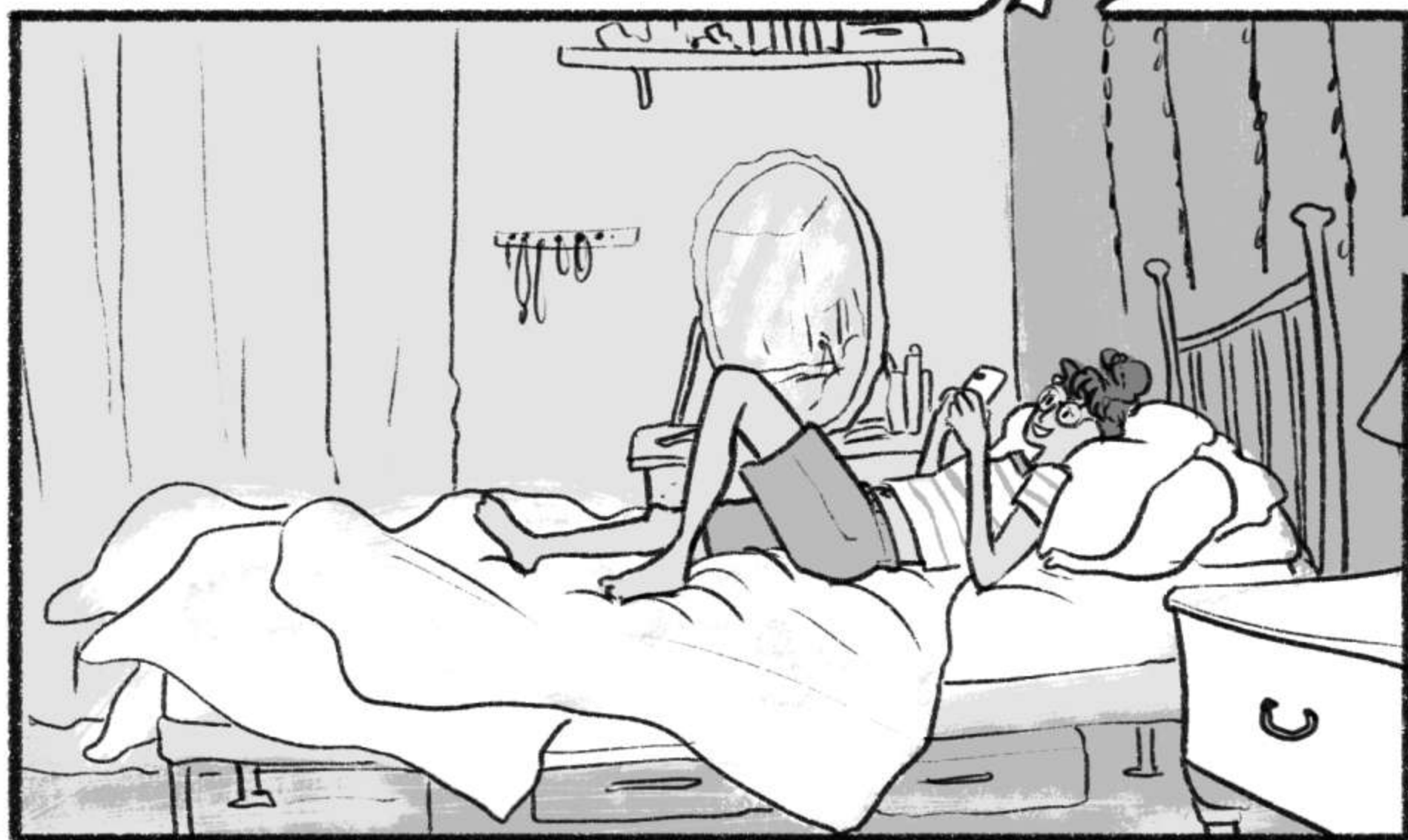


Someone who knows about eating disorders and how to treat them.



Love can't cure a mental illness.







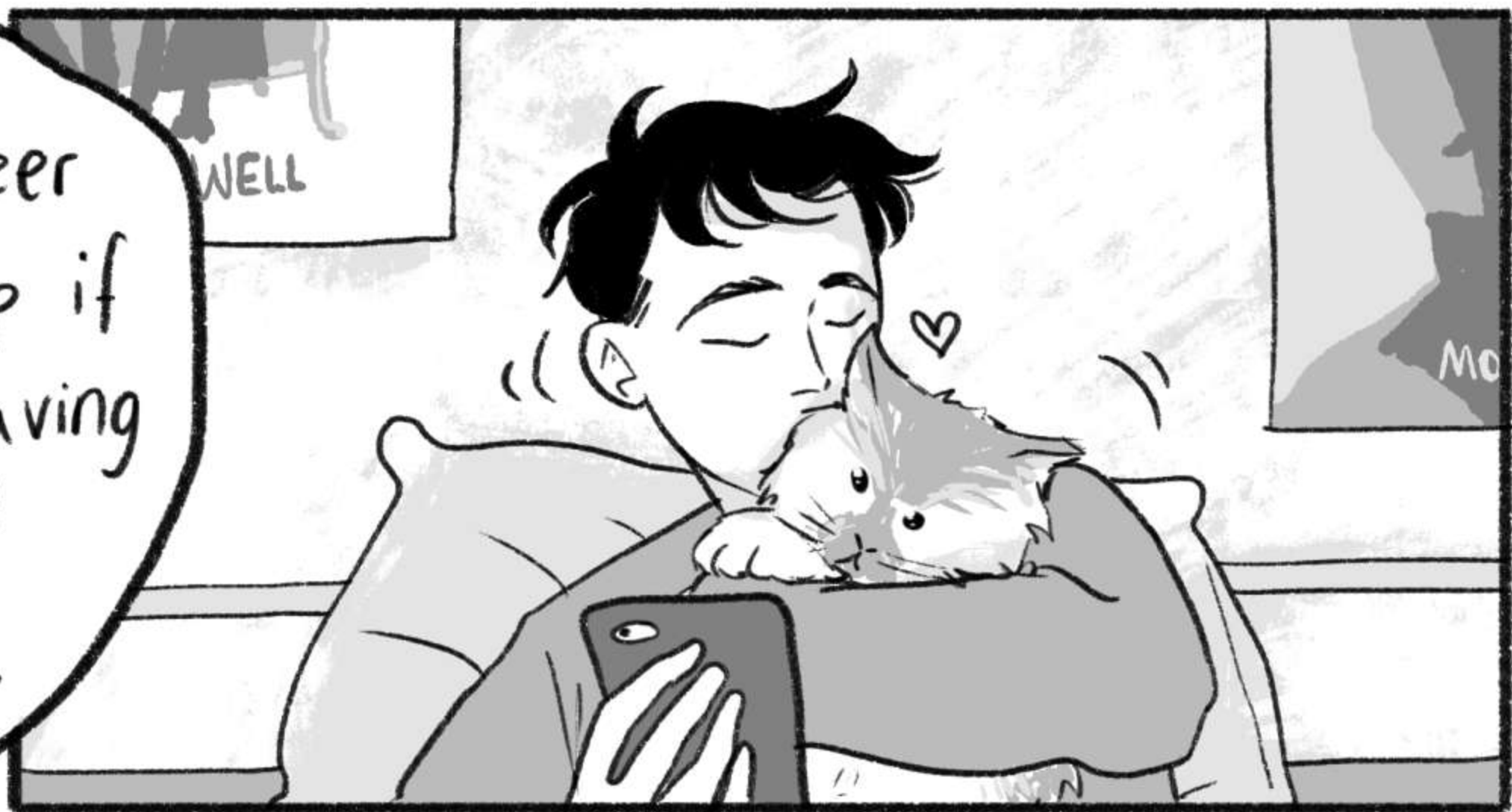
To listen.



To talk.



To cheer him up if he's having a bad day.



And on the bad days...



Hey!!

Hey... Your mum let me in.



How are you feeling?

My throat hurts so bad

Wanna watch a movie?

I'm too tired.



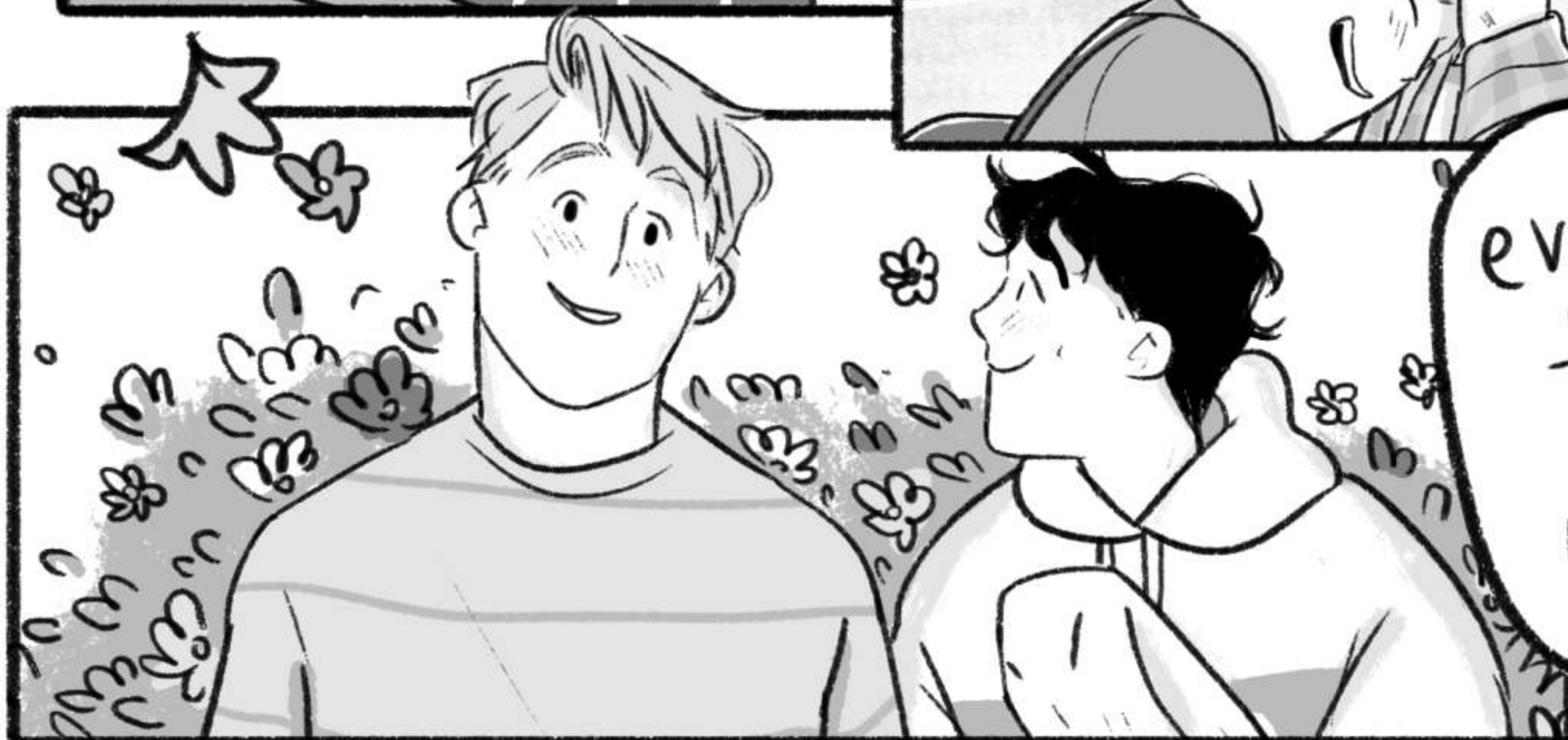
I'll make you sick too

We could just nap

I don't mind

You can ask what you could do to make things easier.

Standing by
his side,

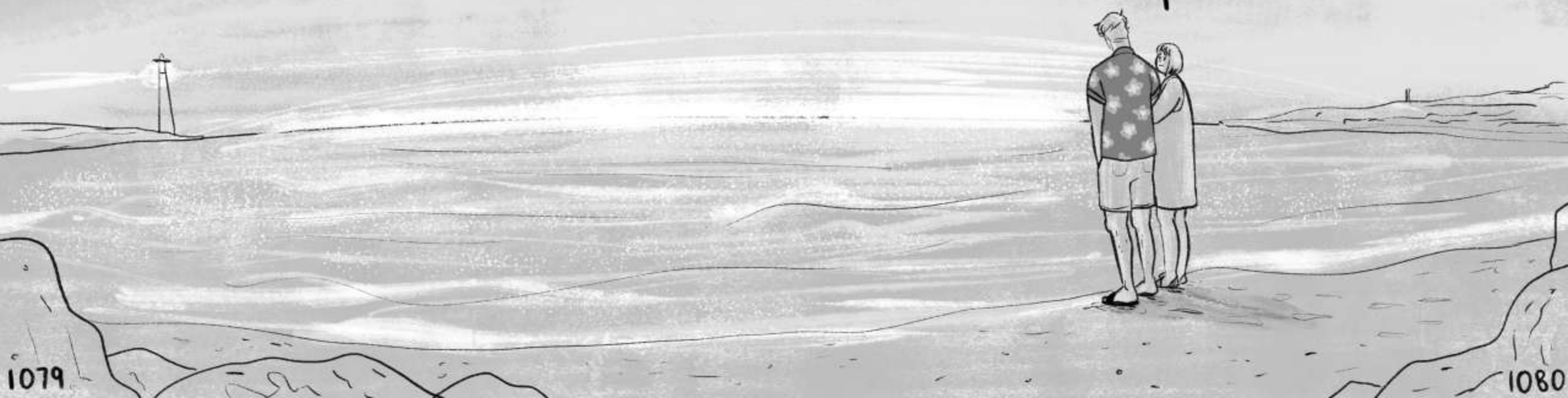


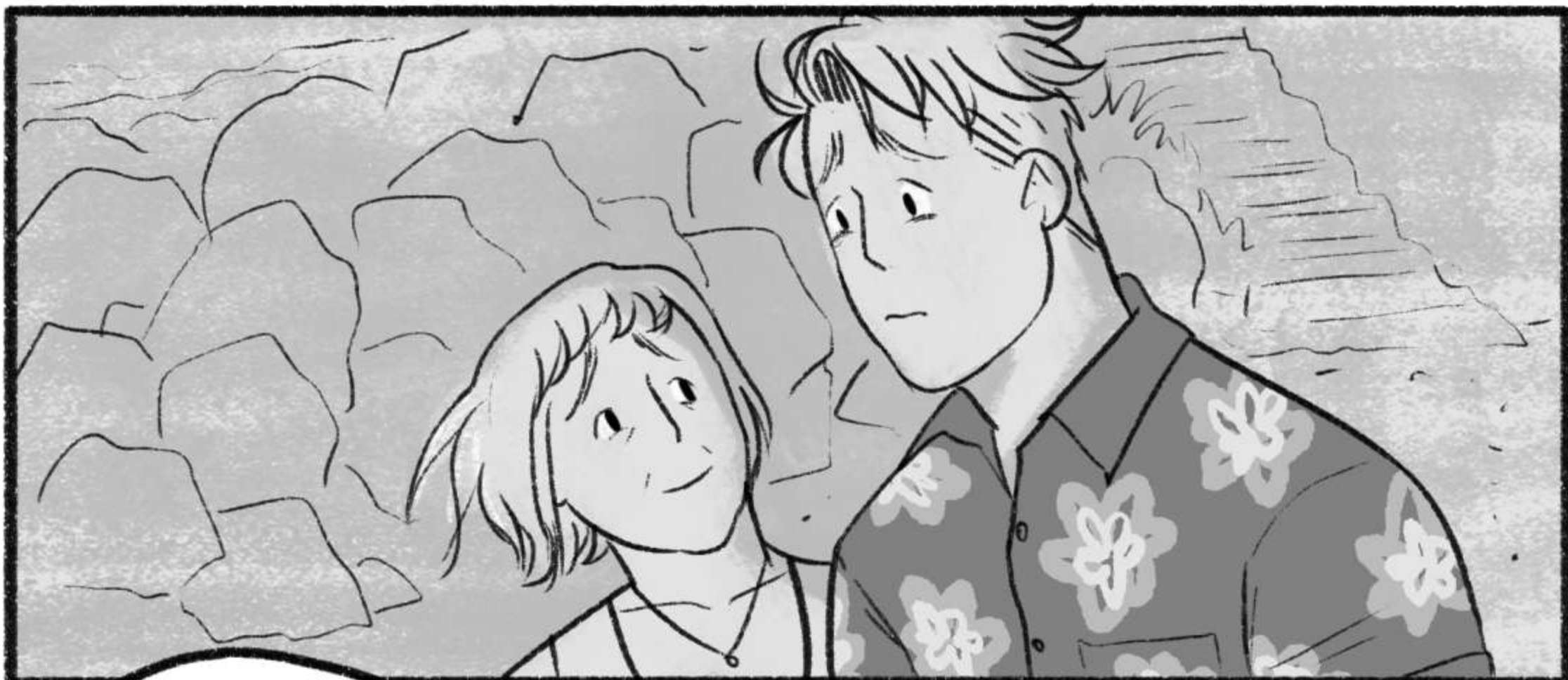
even when
things
are
hard-

But also
knowing
that...

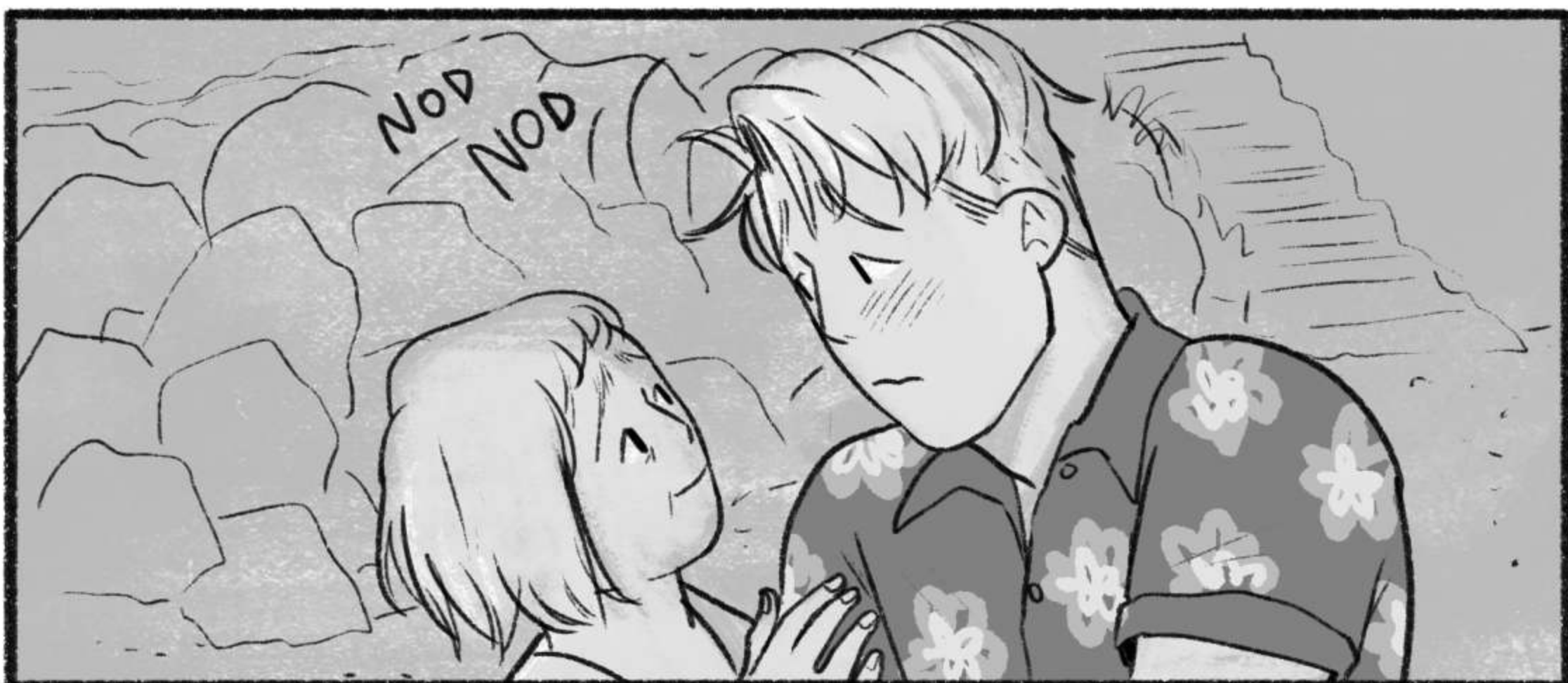
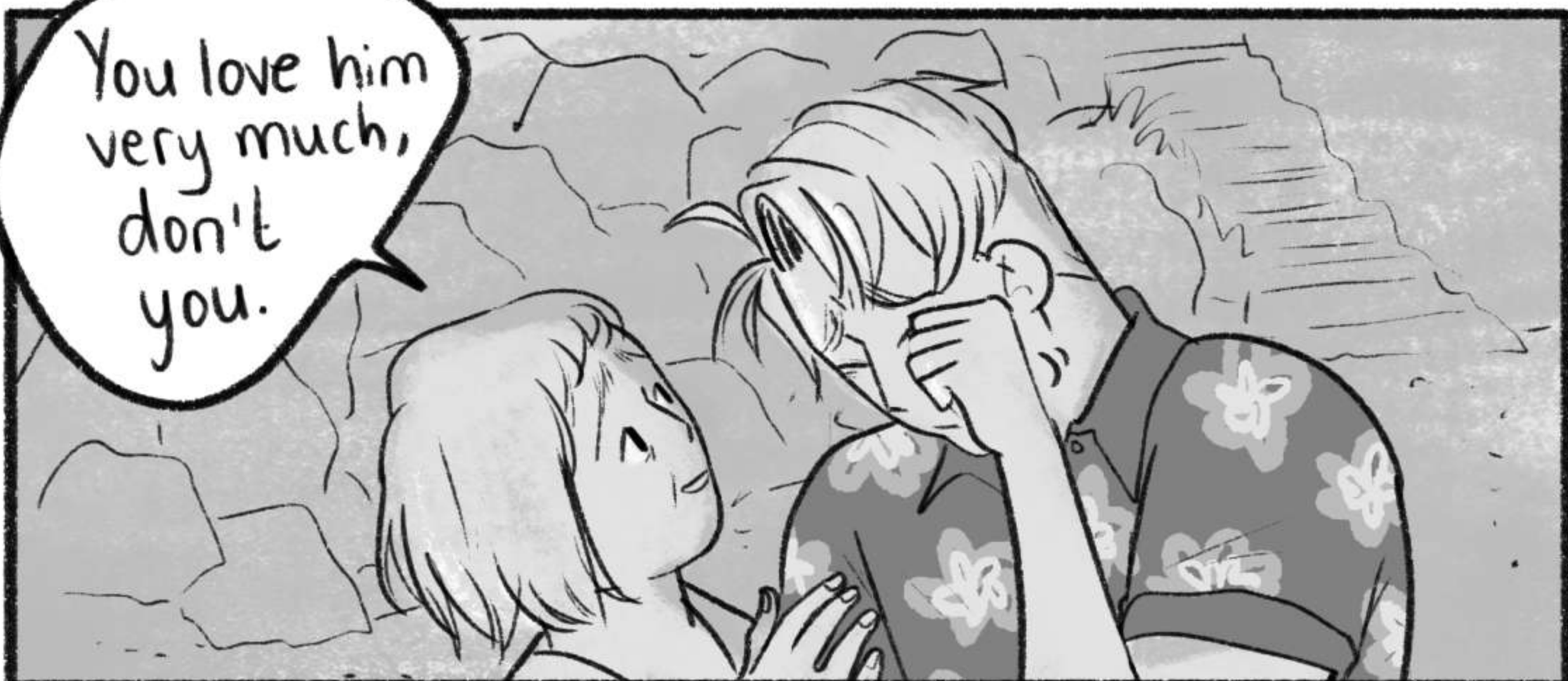
sometimes people
need more support
than just one
person can
give.

That's love,
darling.



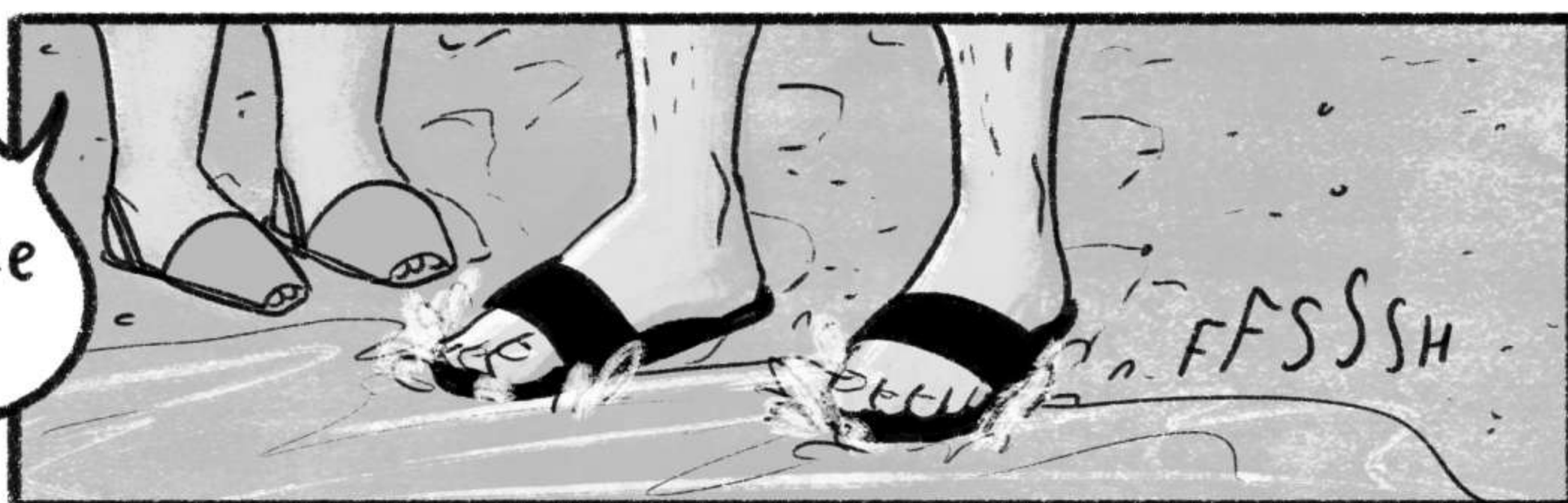


You love him
very much,
don't
you.



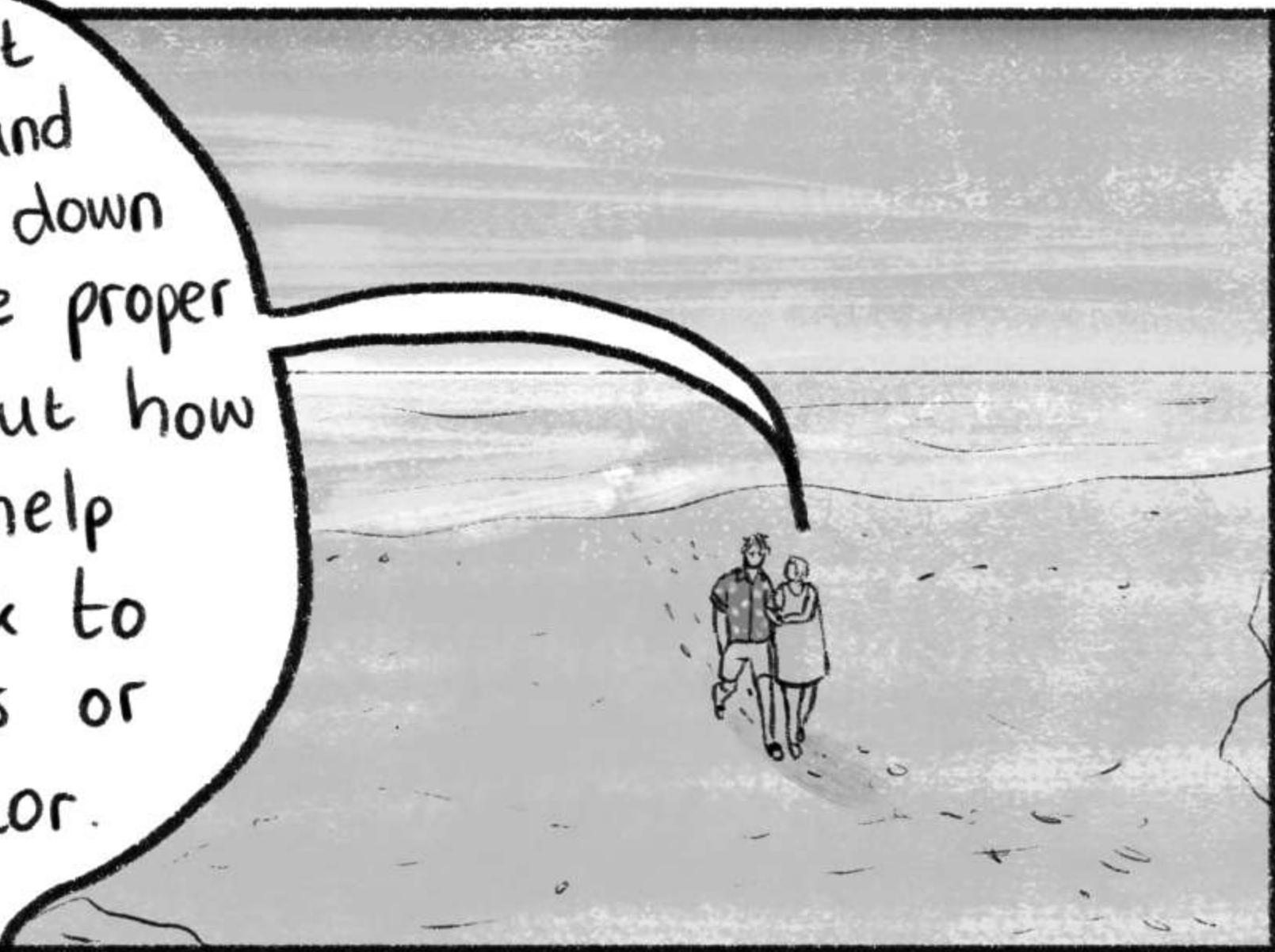
Nod
Nod

How
about
we make
a plan:



FFSSSH

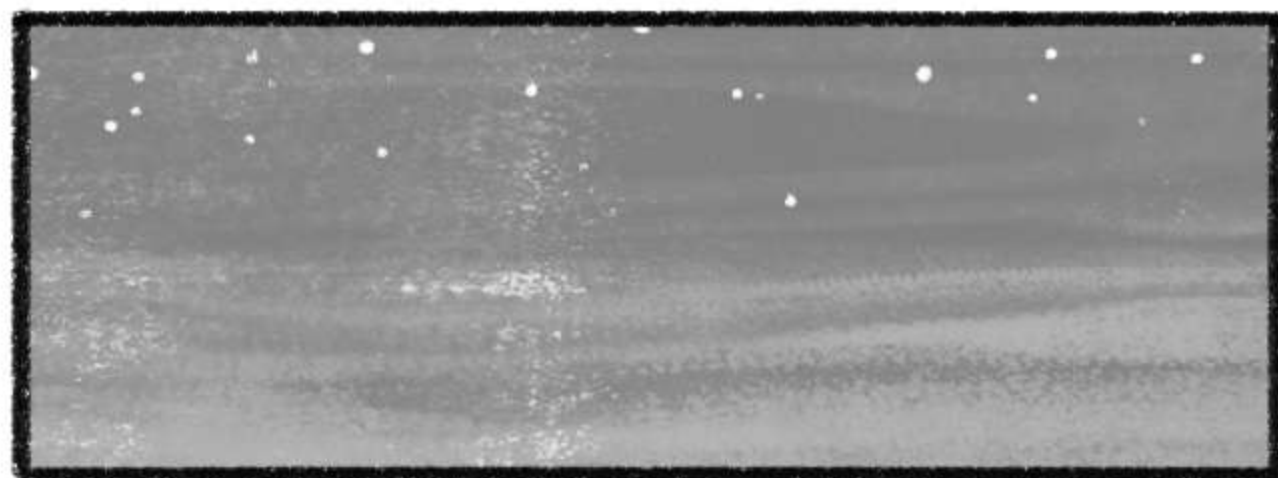
When we get home, me and you can sit down and do some proper research about how we could help Charlie talk to his parents or to a doctor.

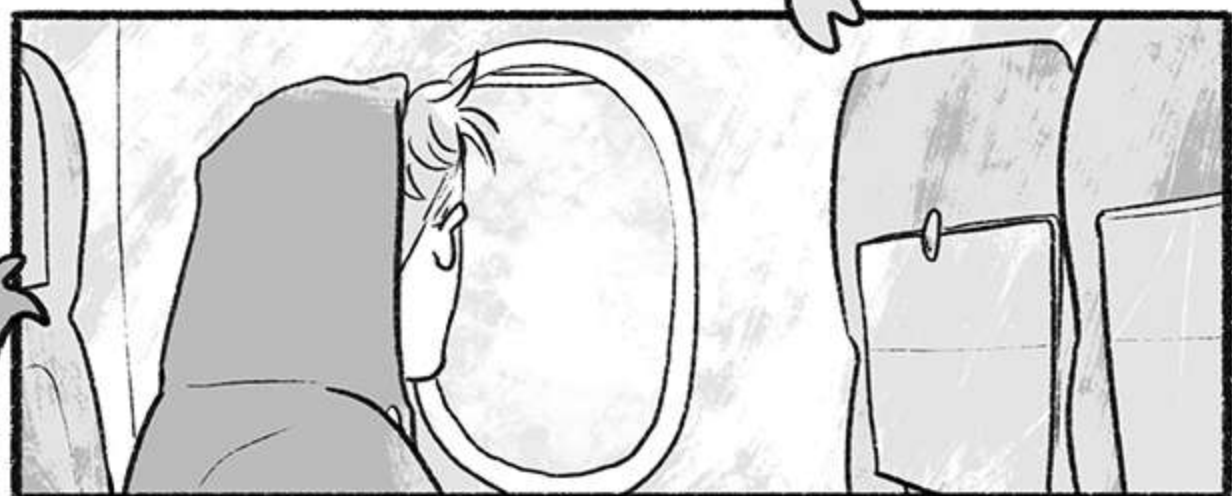


Does that sound okay?



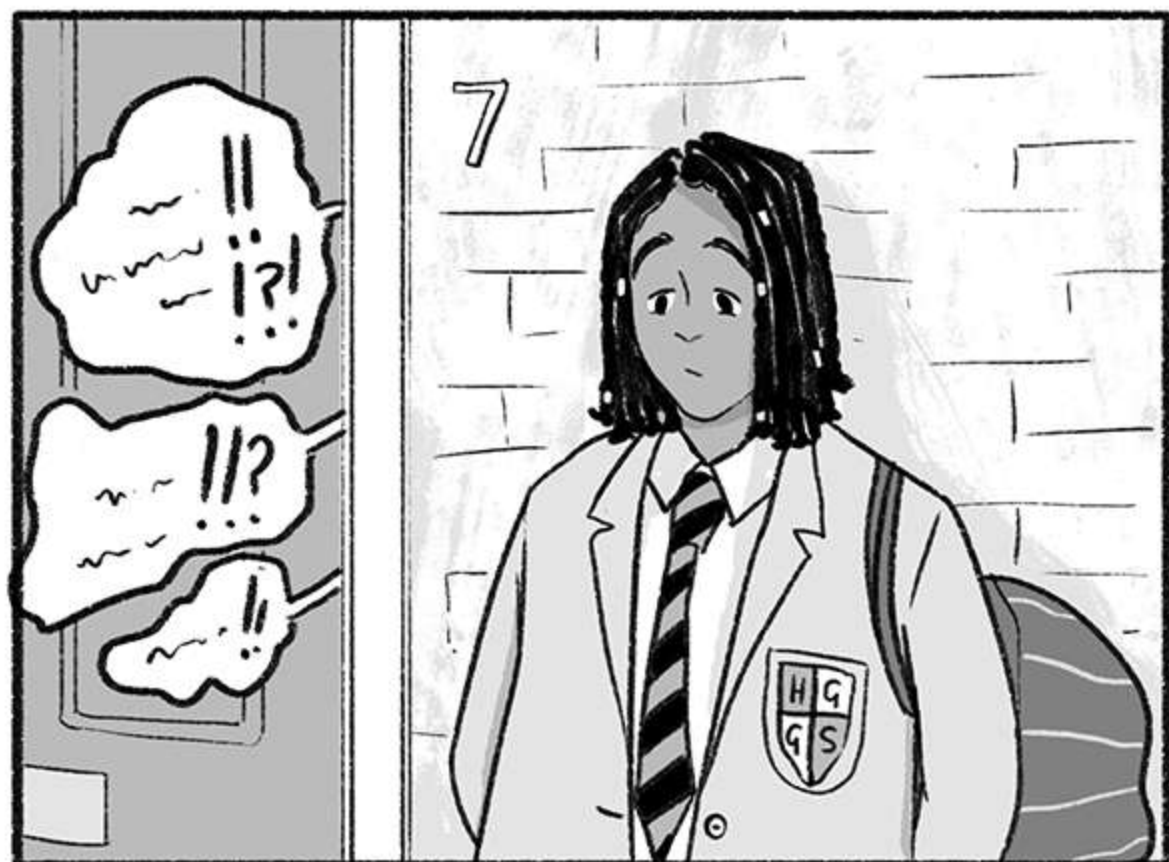
Yeah.





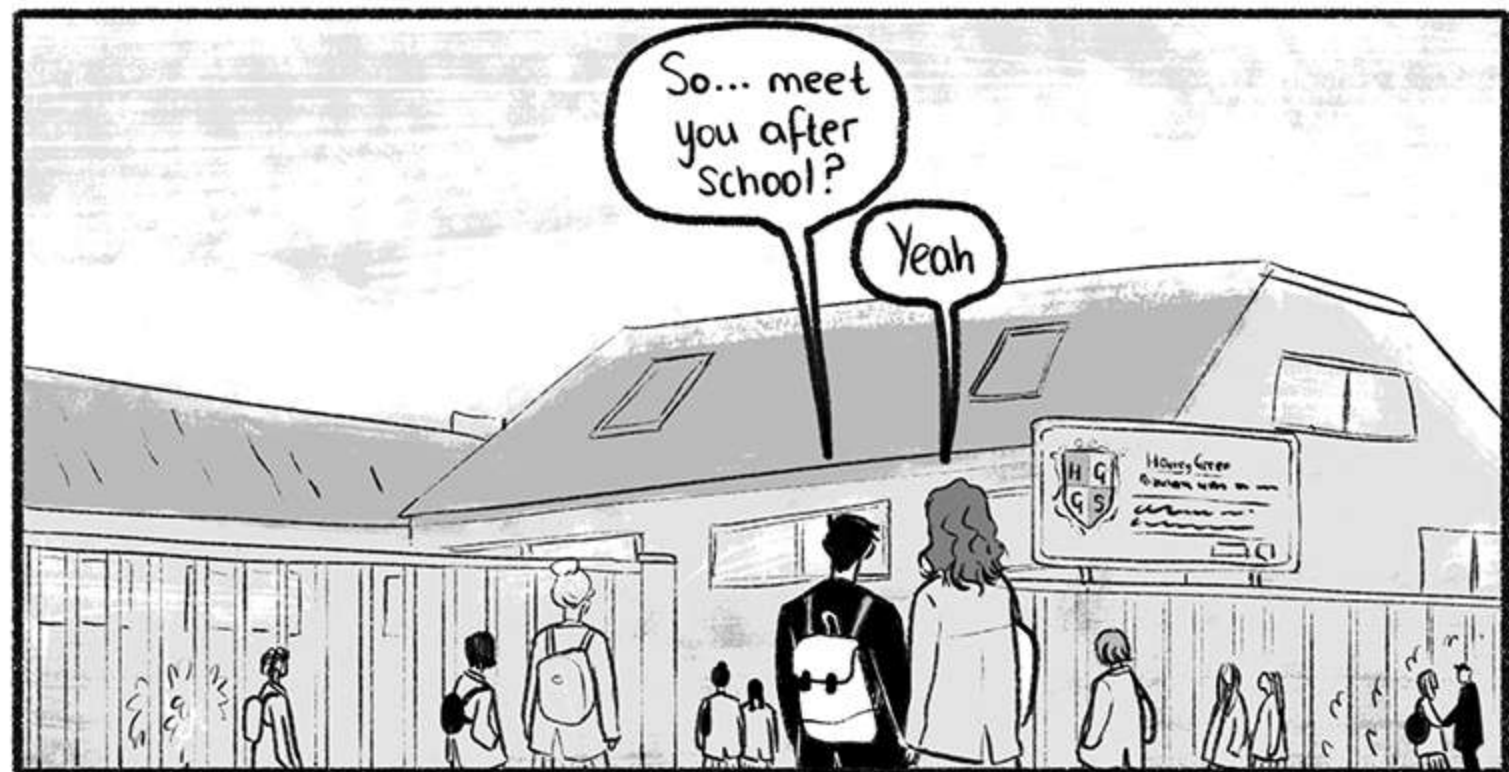
i can't wait to see you at school tomorrow!!!!!!!

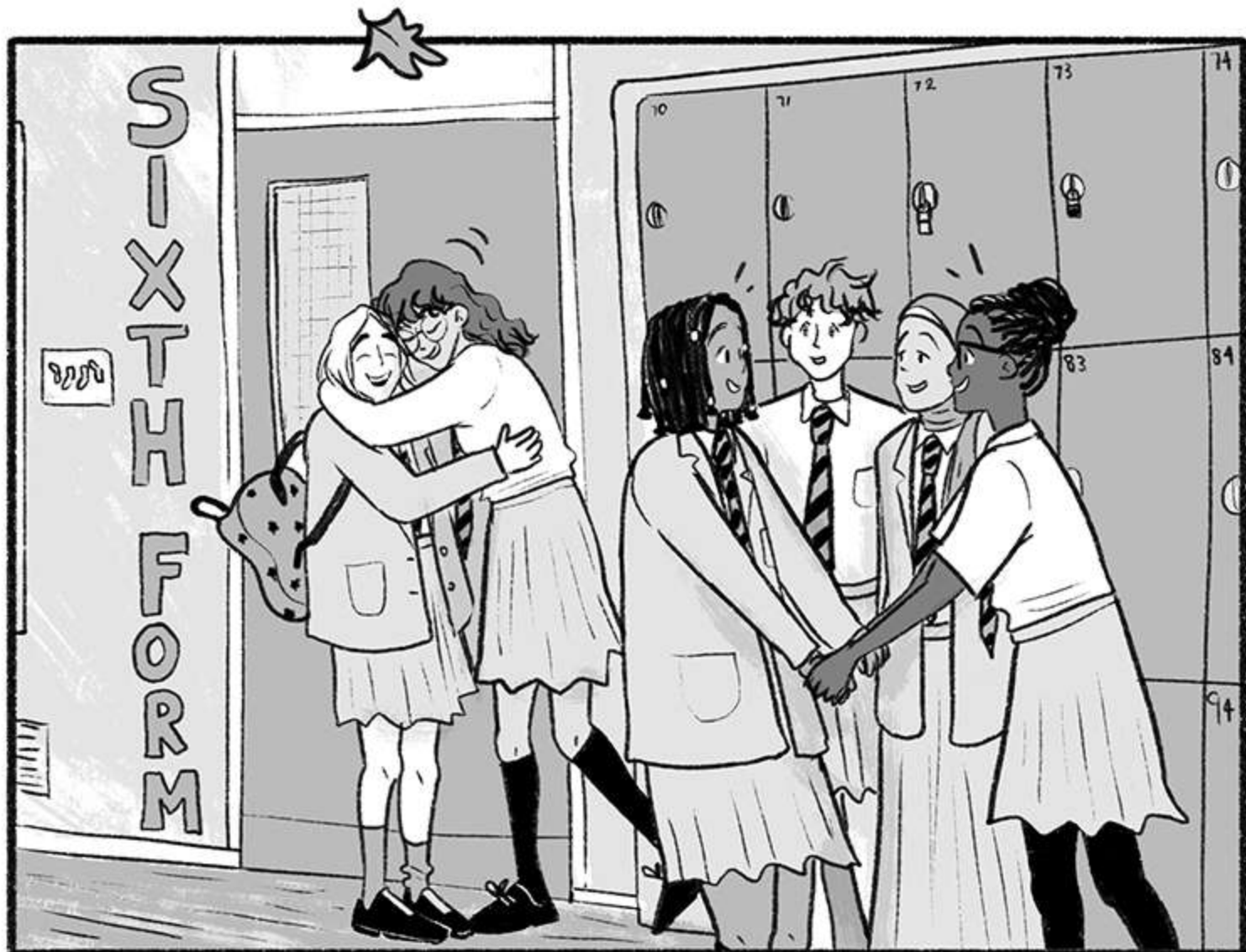
Same!!!!!! I MISS YOU











You'd better go before someone sees us sitting here together.



Truham Grammar School
Staff Car Park

Why? Is it forbidden to lift share with another teacher?

Well—now that we're BOTH teachers at Truham—we should be careful.

The kids won't shut up about it if they know we're dating.

So we're dating, then?

I sure hope we are. We spent the whole Summer seeing each other.





Name: Nicholas Nelson
 Year Group: 12
 Form Group: Hamlet 5
 A Level Choices:
 PSY: PSYCHOLOGY
 PE: PHYSICAL EDUCATION
 BIO: BIOLOGY
 GEO: GEOGRAPHY

PERIOD	MON	TUE	WED	THUR	FRI
1	FREE	PSY	PE	FREE	BIO
2	GEO				

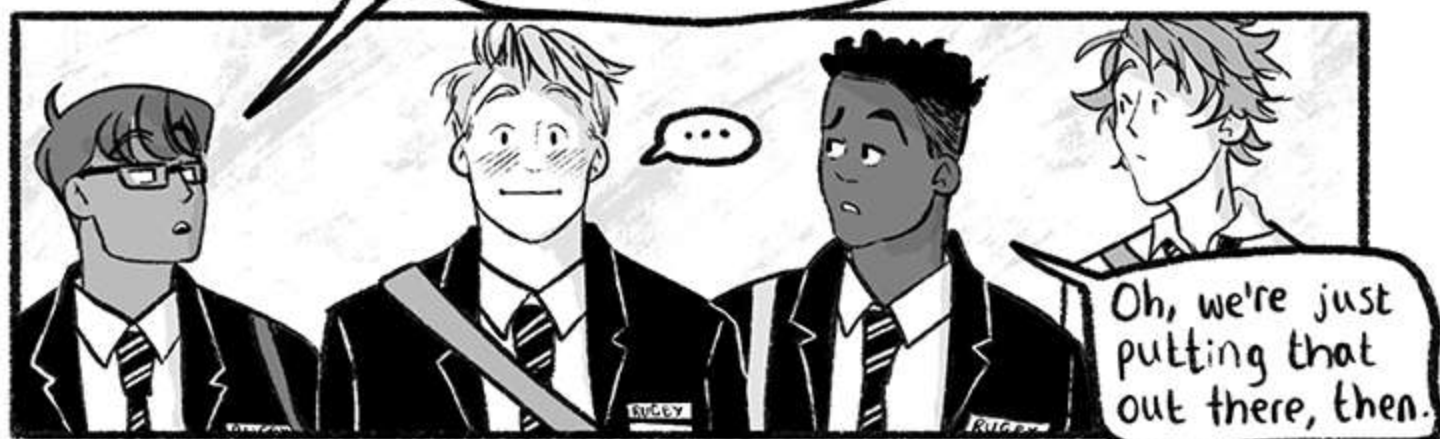


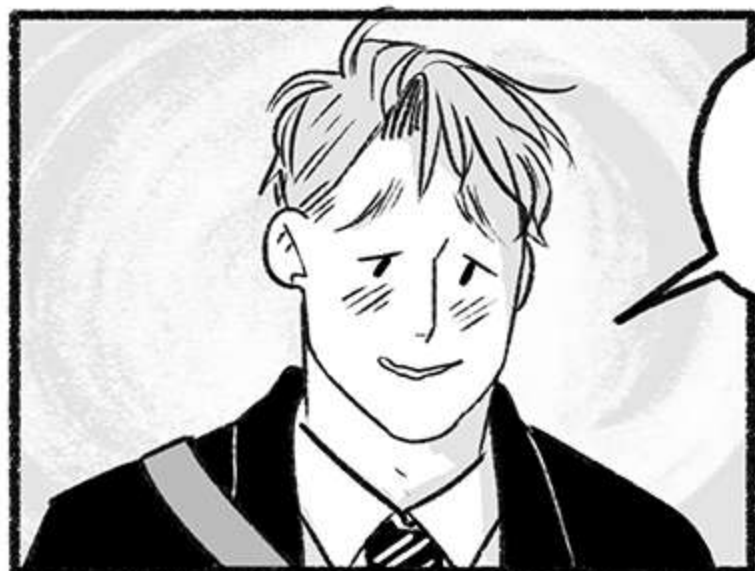
Jesus, Nick, where have you been all summer?

Innit, I feel like you just disappeared!

Oh, yeah, well I was in Menorca for like three weeks, so...

So it's nothing to do with the fact that you have a **BOYFRIEND**.





So... you guys
heard about
me and Charlie?

I mean... I think everyone
in our year knows.

Sorry if we made
you feel awkward
about telling
us.

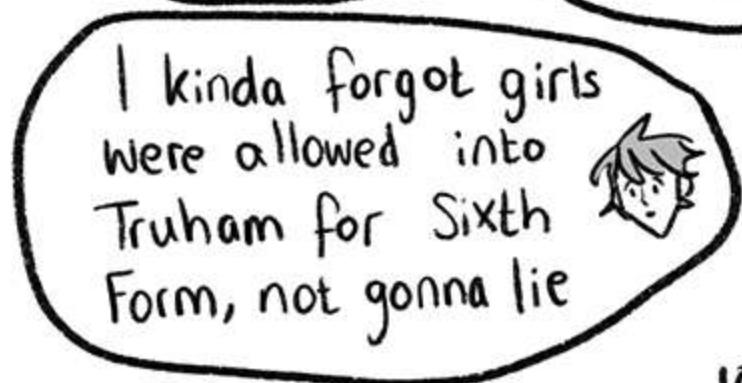


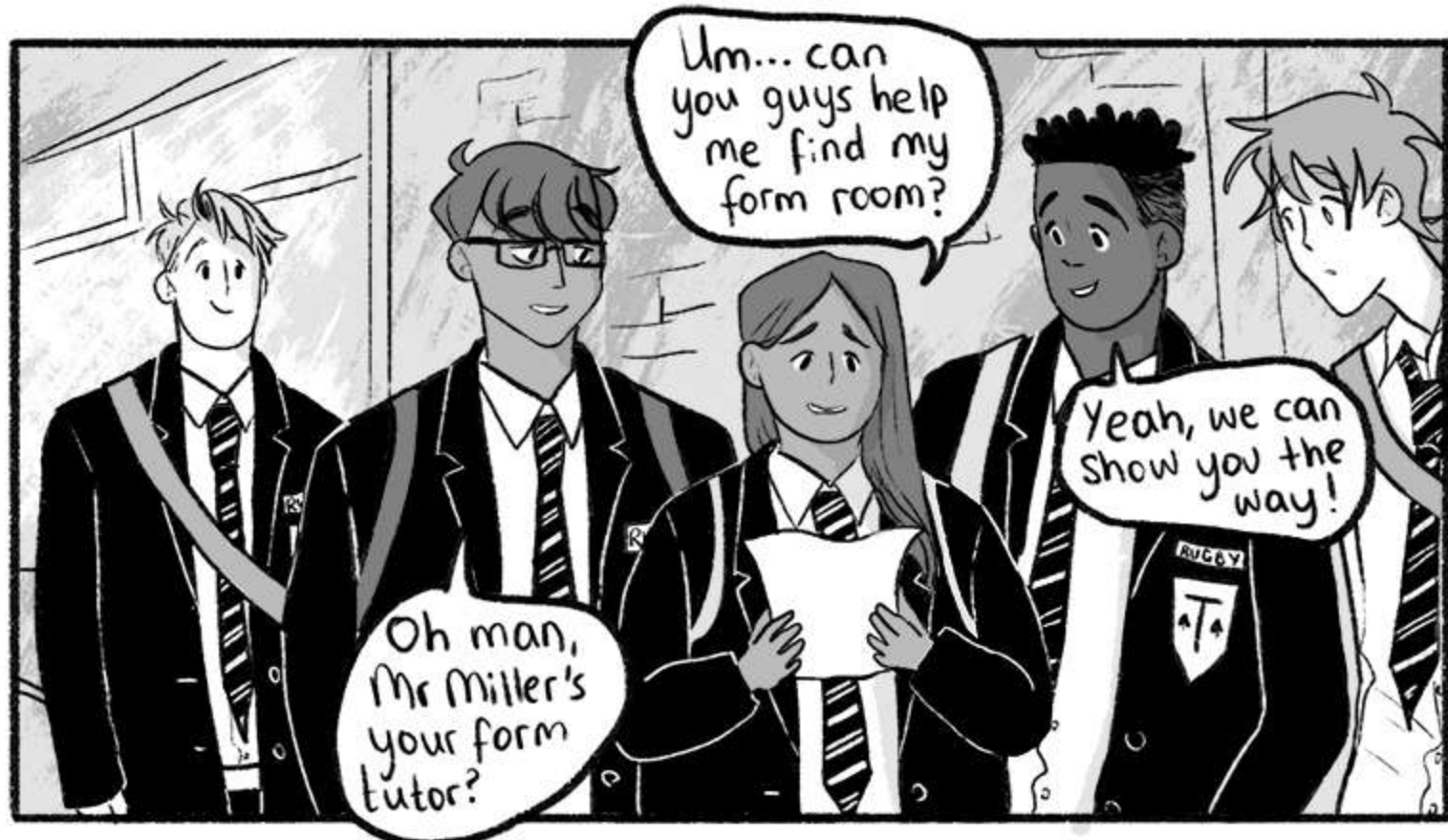
Your "good mates"
comment probably
didn't help.

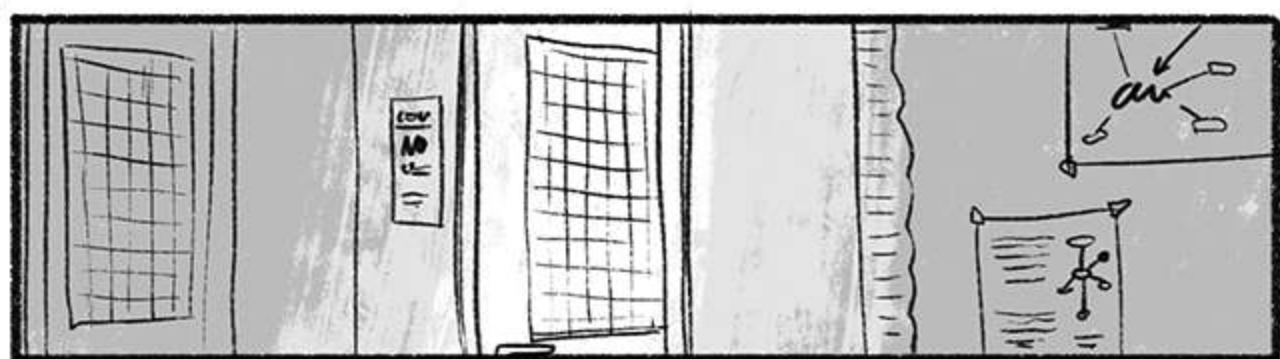
That was ONE TIME.

When
will you
stop
bringing
that
up?







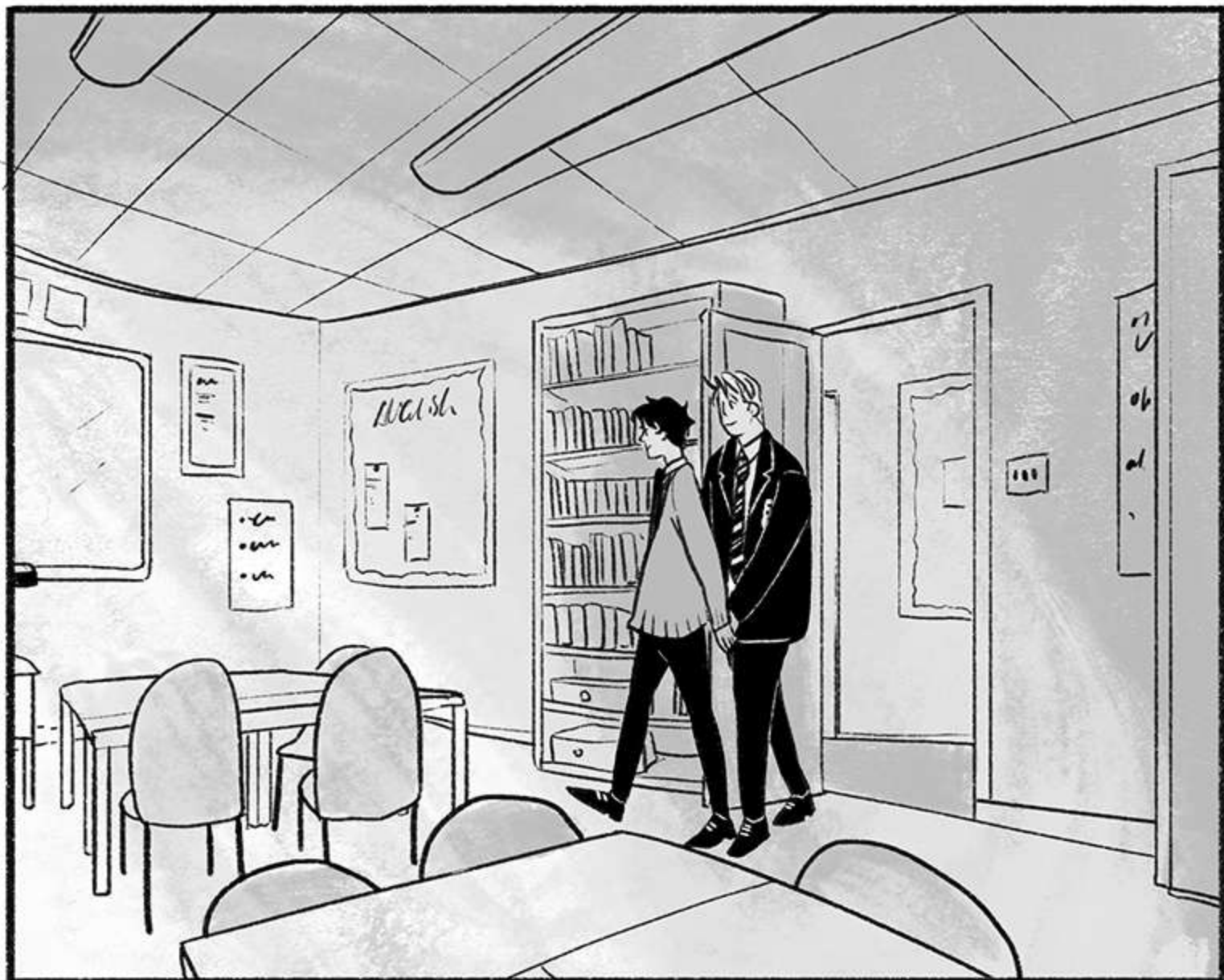














So
much

yeah



missed
you too





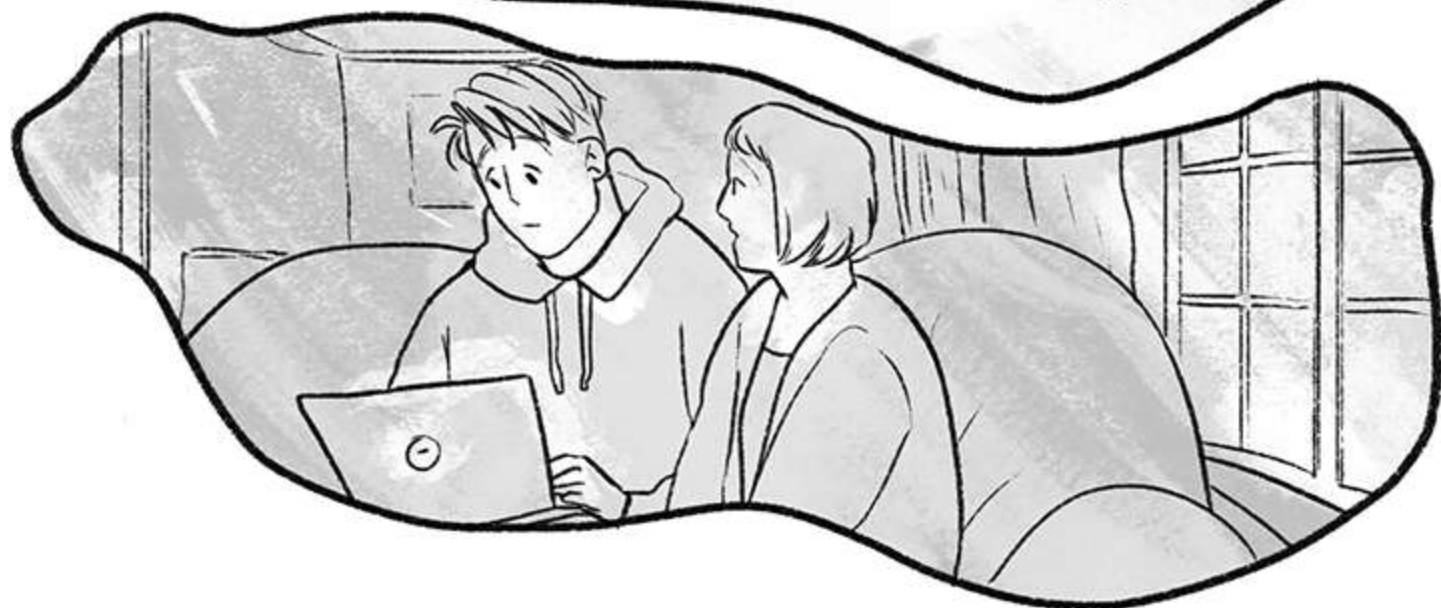




If you're worried about a loved one

It can be difficult to bring up the topic of mental health, even with those closest to us. You may be worried about saying the wrong thing or upsetting the person in question. But breaking the silence can be the first important step towards recovery.

Here are some tips for talking to a loved one about their mental health:



Okay
class!



Settle down,
please -



I'm Mr
Farouk.
I'll be
your form
tutor
this year.



Did you
fall
asleep?

Haha
woops

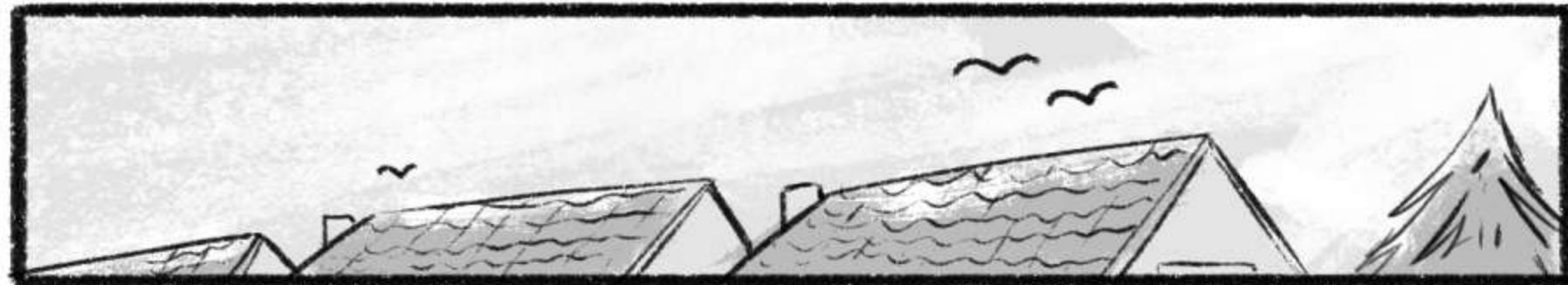


I'm
so
tired





Saturday







My dad couldn't come.
He said something
came up.

I mean...
I guess he
never said
he'd definitely
come, but...
yeah...





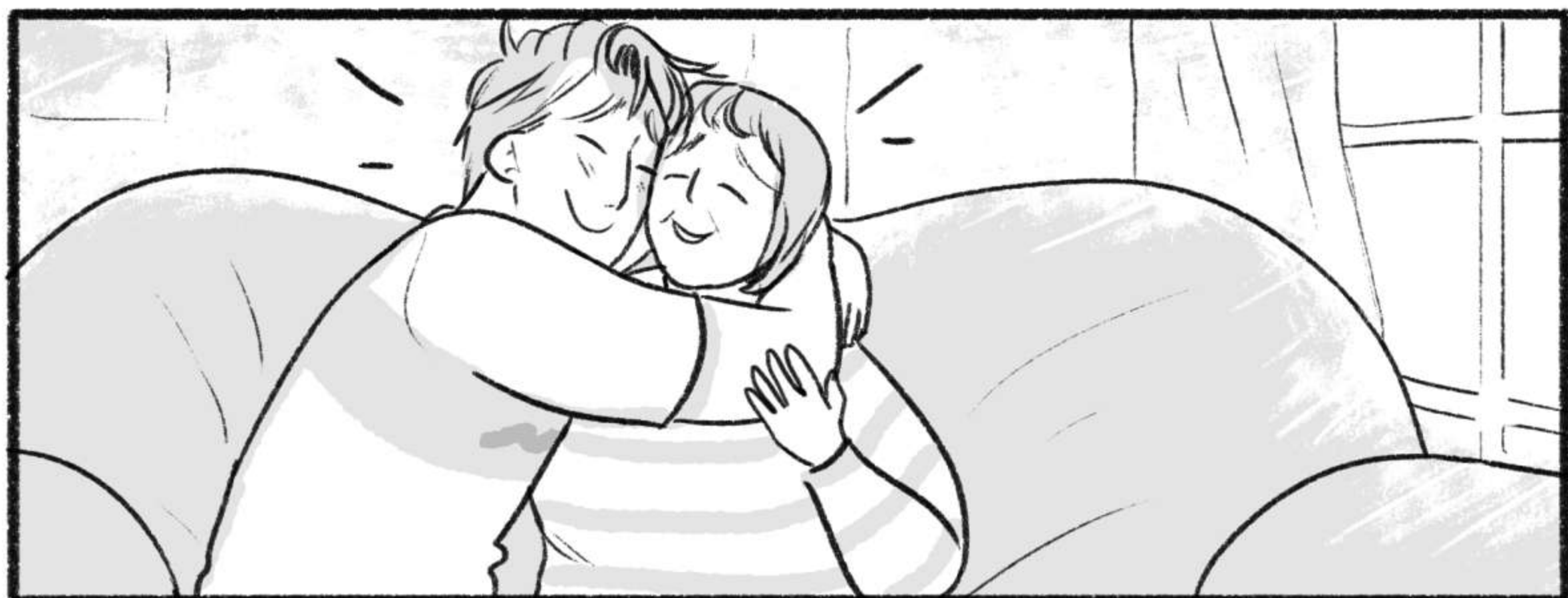
It's fine, I
don't really
care...



Well, we're still
gonna have a
super fun
birthday
afternoon









Wait— isn't this—



Charlie,
oh my
GOD

Is this
every single
jumper you've
borrowed??

HA HA
HA!!









CONTENT WARNING: Discussions of mental health, including eating disorders



you gave me a photo of us in
the snow, so here's one of us
in the sun

Love Charlie xxx

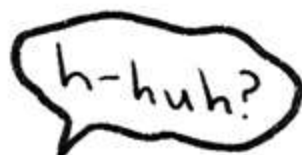
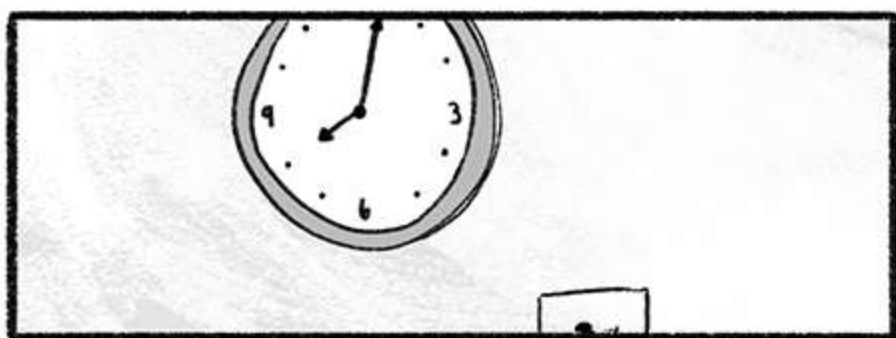


Uh...
I know it's
kinda cheesy,
but...
the rest
of the album
is empty so
you can—



Oh—





Char... you
said wake you
up at eight



Ugh... I
don't
wanna
go
home

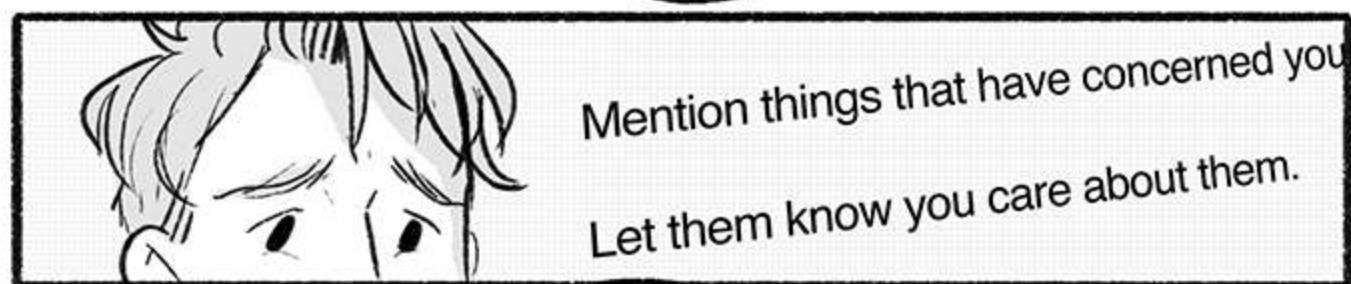


Starting the conversation

1. Choose a place you both feel safe

Charlie-
wait a
sec







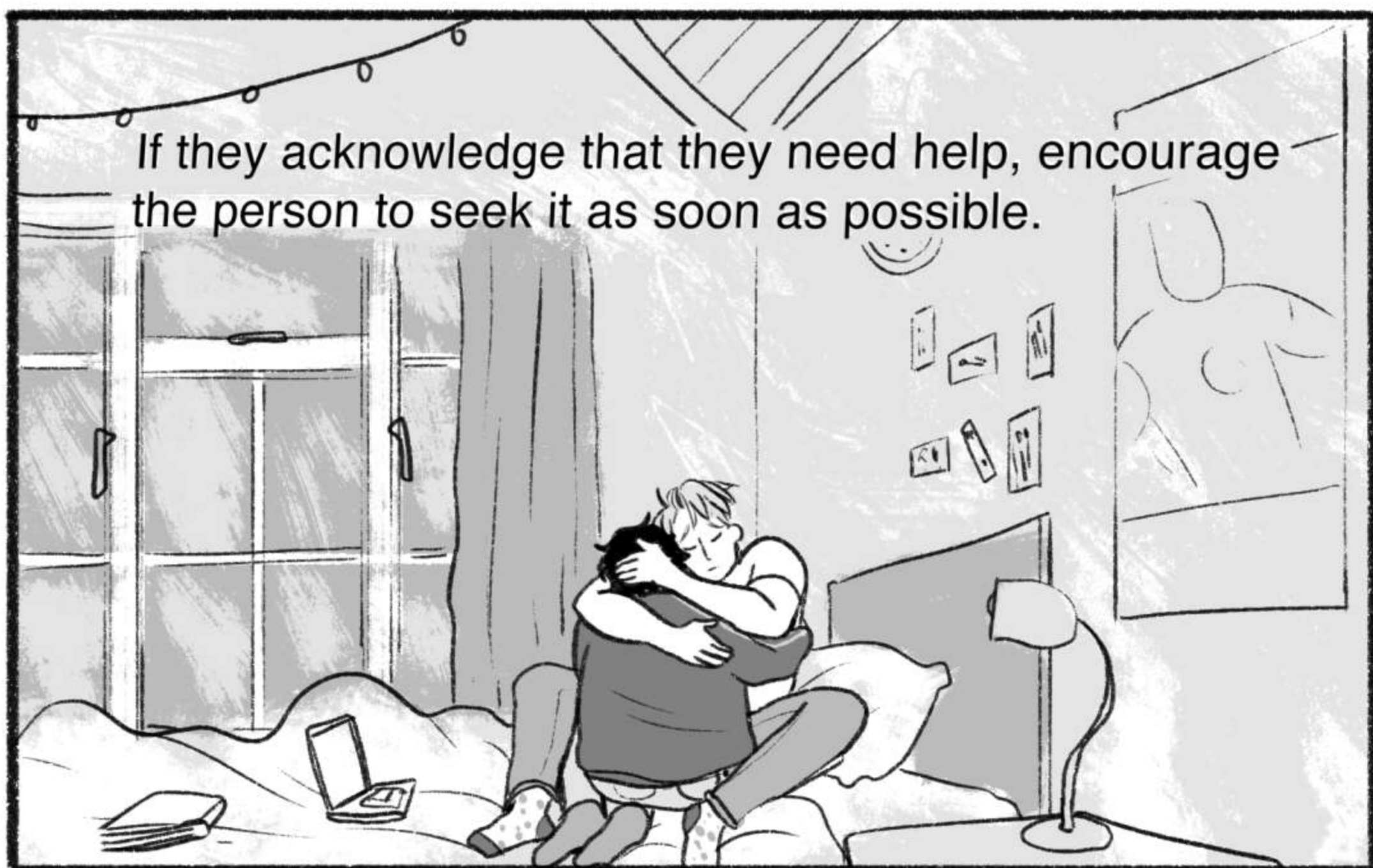








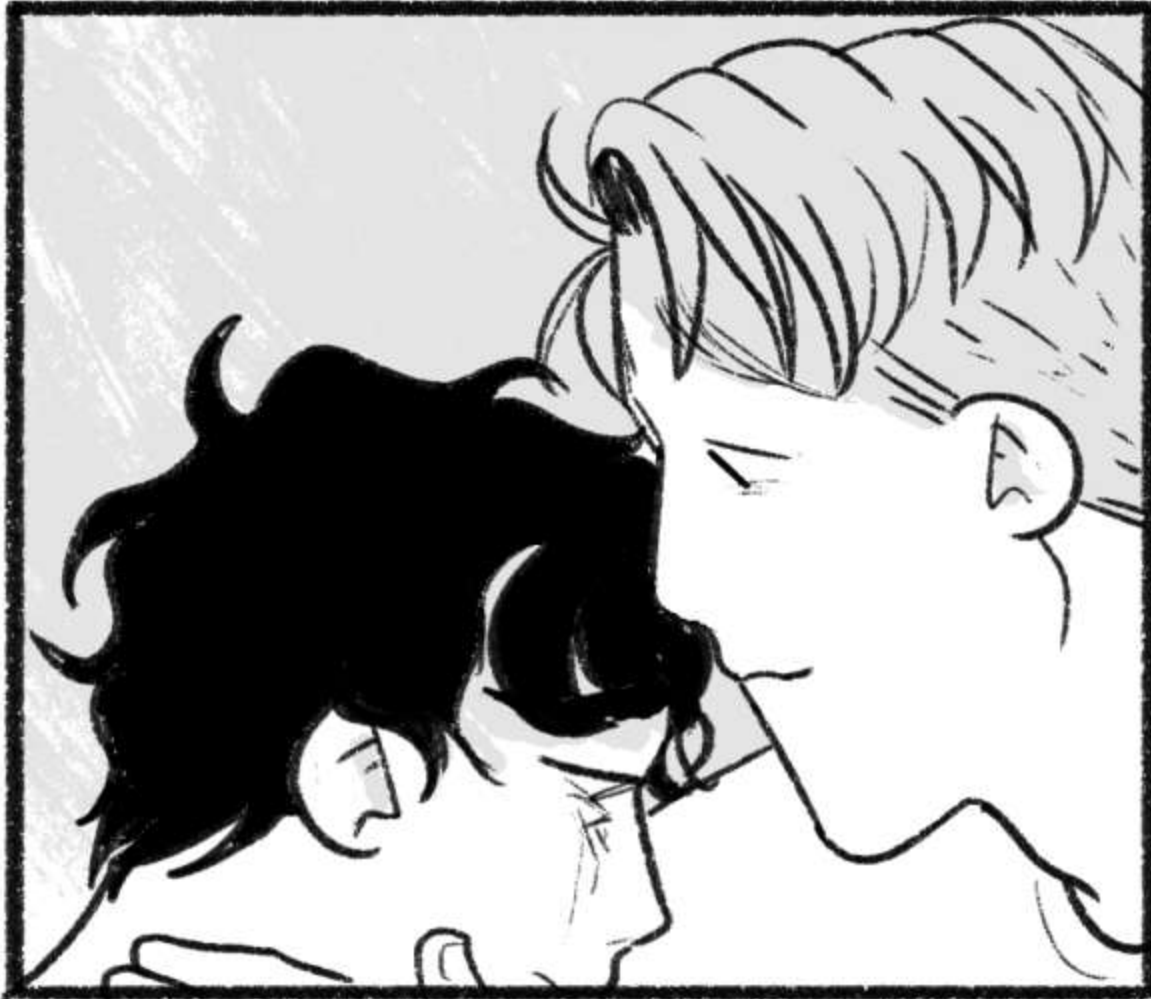
If they acknowledge that they need help, encourage the person to seek it as soon as possible.



What if my parents say I'm faking it, or- or they get angry-



What if I came with you? I dunno...
just to hold your hand? They probably
wouldn't get angry if I was there!



Um, also...
I read online
that sometimes
it's easier
to write it
down?





0
0 0



0
0



0
0
0

0

0
0



0

0







...need to talk to
you about something.



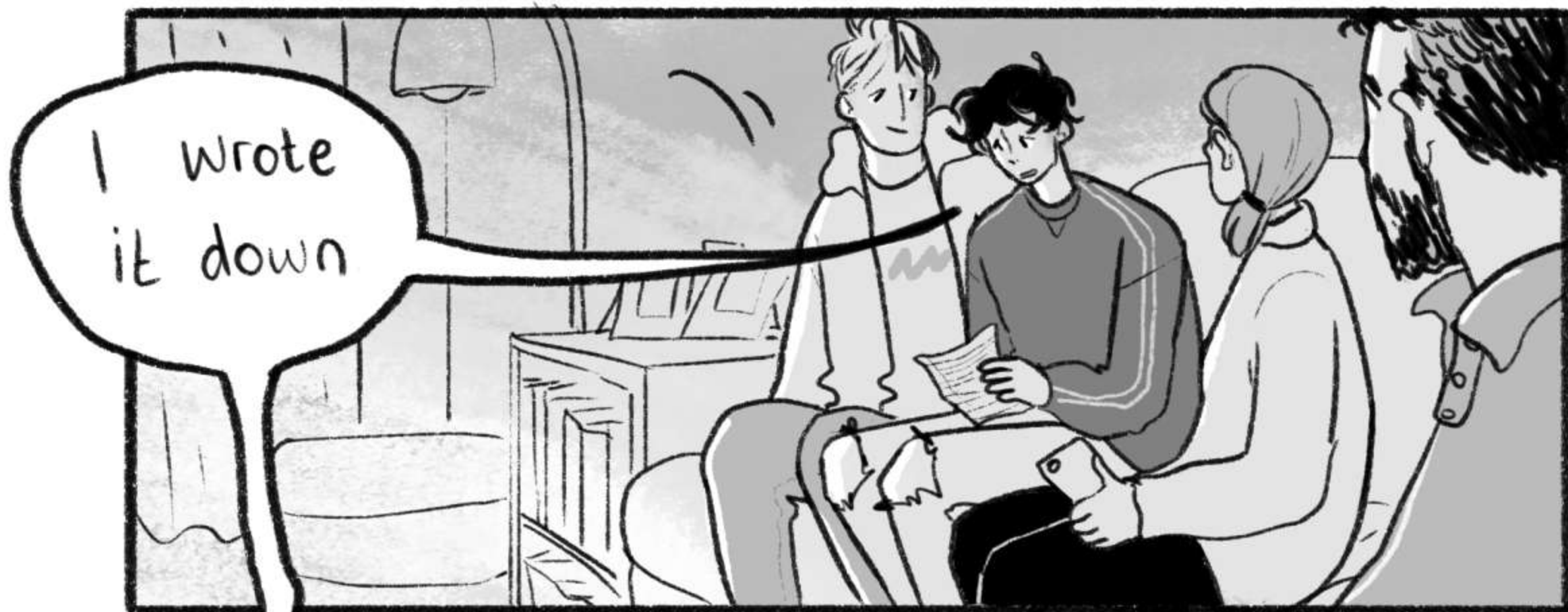
o

o

o

o

o





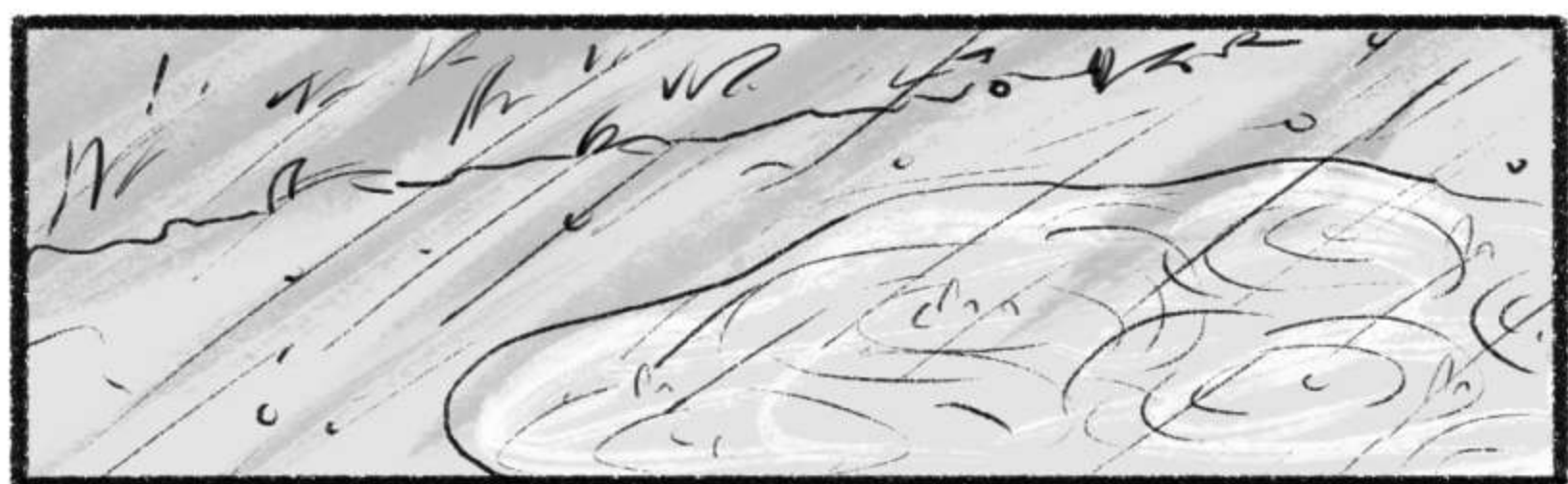


My mental health has been really bad lately. ~~It's~~ I've been finding eating really difficult. I feel like there's a voice in my head that's not me, telling me bad things will happen if I eat or if I do things the wrong way, and that voice has just been getting louder and louder. Sometimes it makes me really stressed or tired or angry. ~~And~~ And I think I've been ~~like this~~ like this for quite a long time but I just didn't want to admit it. I want to figure out how to manage it, so I was thinking I could go to the doctors. I want to get better.

6. JOURNEY



FSSSSSH



nearly
four
months
later



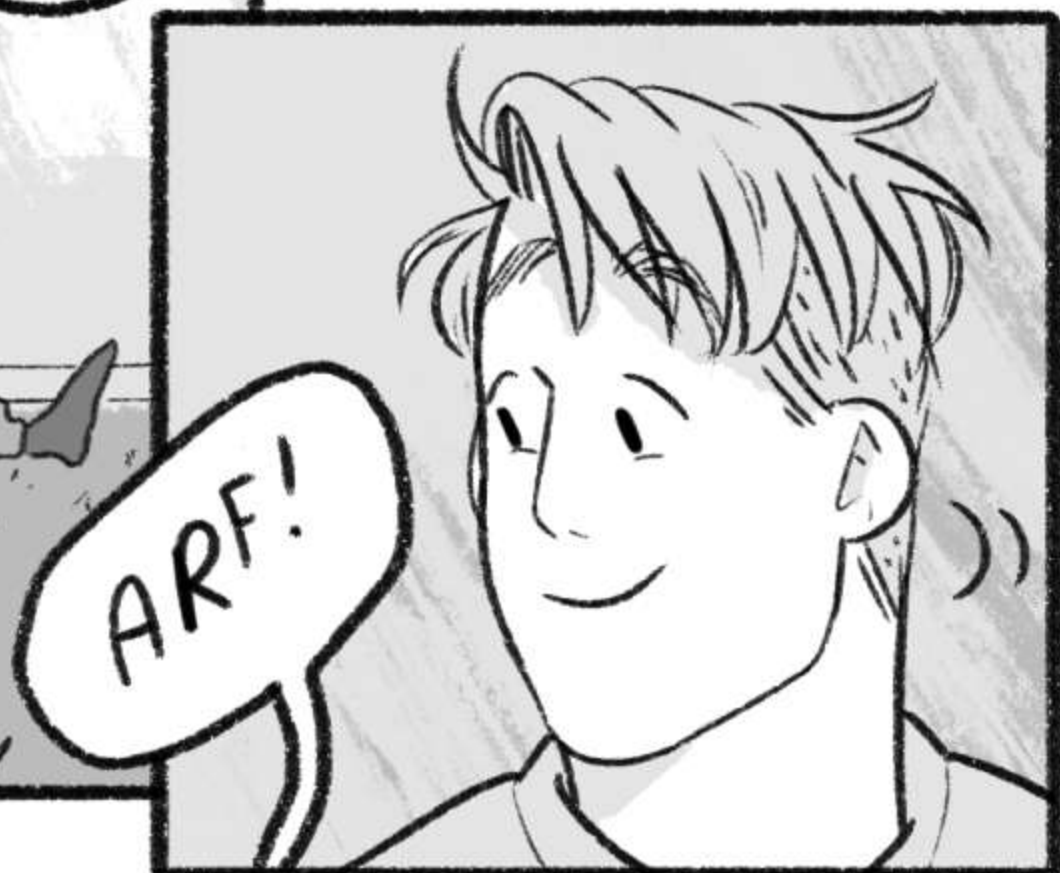
C'mon
Nell,
we're
nearly
home!



Nicky?
You home?

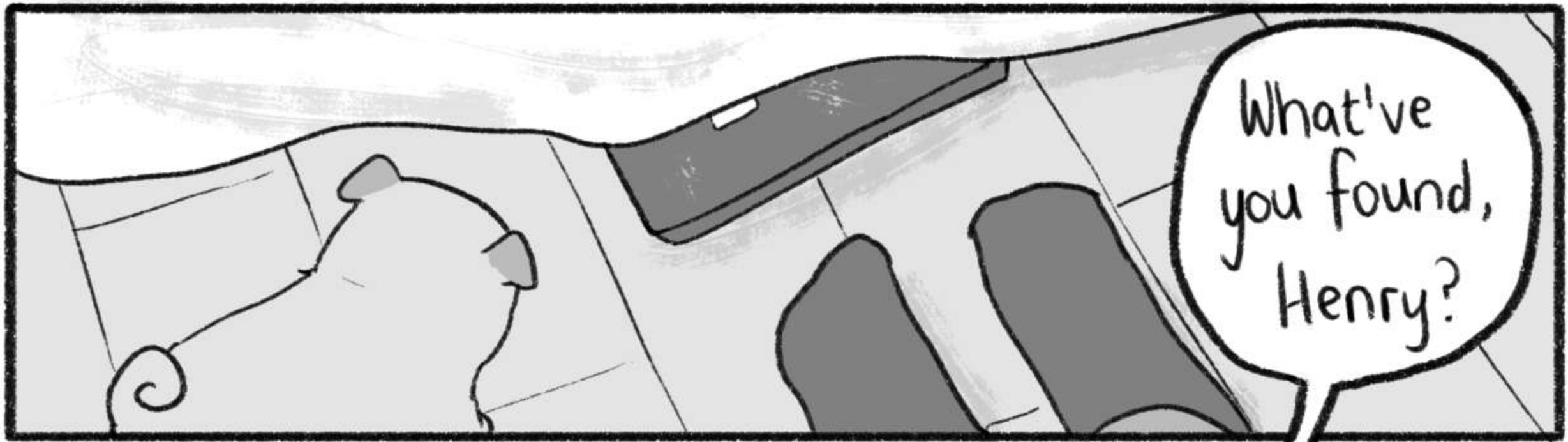
It's
chucking
it down!!

I'm
making
tea!











So... I haven't written anything for a while. The past few months have been stressful, but... I think things are looking up?

Although - you know that
saying that things sometimes
get worse before they get better?

Yeah. I think I understand
that now.

So back in September,
Charlie got a GP appointment.

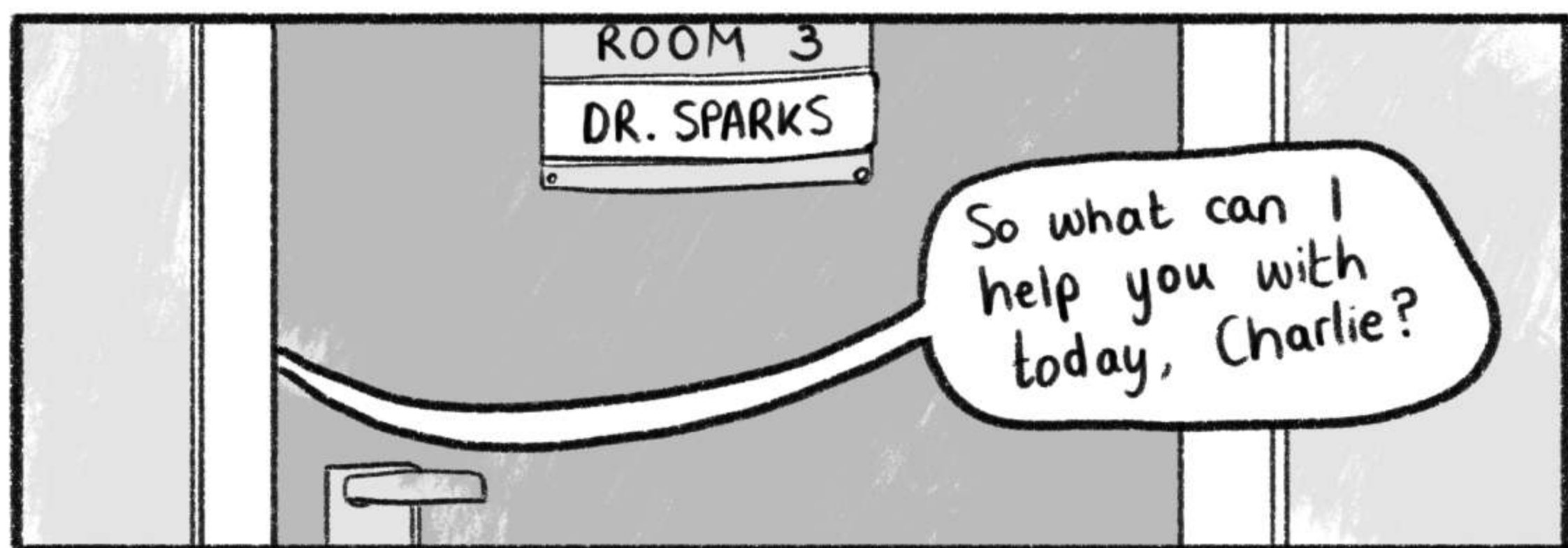
SUCCESS!!

9:15am?
Great,
thank
you.

He said
he hates
going to
the doctor
for anything.
I mean, I
can relate.



But this was extra scary.



For obvious reasons.

The doctor was helpful, and referred Charlie to an eating disorder service, but the waiting list was so long.

Appointment date: Tuesday 4th January

His first appointment
wasn't until
January.



And things
started to get

really bad
after that.





His eating disorder got worse. I could tell, but he wouldn't talk to me about it.

He skipped school a lot, which made his mum mad at him like all the time.



His thoughts and behaviour about food became... obsessive. It didn't make logical sense anymore. I guess it never did, really. But he'd always lie about it.

And you know he told
me he used to self-harm?

Well, that kind
of started again.

I think mostly
because of the
stress of everything
else.

Sorry

It's
not
your
fault



I didn't know what to do
except just be there for him.

But things just got harder for him.

There was one night in October
where his parents had to take him to A&E.



He knew the compulsions made no sense.

But he didn't know how to stop them.

Neither did I.

Charlie's mental health was assessed while he was there, and they told him that it'd be best if he spent some time as an inpatient.

But it was his choice.

Mental Health Treatment In Hospital

Most treatment for mental illnesses is done outside hospital. However, if you are experiencing a mental health crisis, staying in hospital may be the best way to keep you safe and provide you with the treatment you need.

While each hospital is different, this leaflet will give you an overview of what to expect:

- Why might I need to go to hospital?
- How do I access hospital treatment?
- How do I prepare for a hospital stay?
- Can I be forced to go to hospital?
- What happens inside a psychiatric hospital?
- What types of wards are there?
- What happens when I leave?

For more information: mind.org.uk

Charlie said yes.

It happened really fast.

I was scared.

He was scared.



I mean, I only knew about psychiatric hospitals from movies, and the nearest available space at a ward was a two-hour drive away.

We knew it was the right thing to do.



He had to at least try and see if it would help.



It was
weird

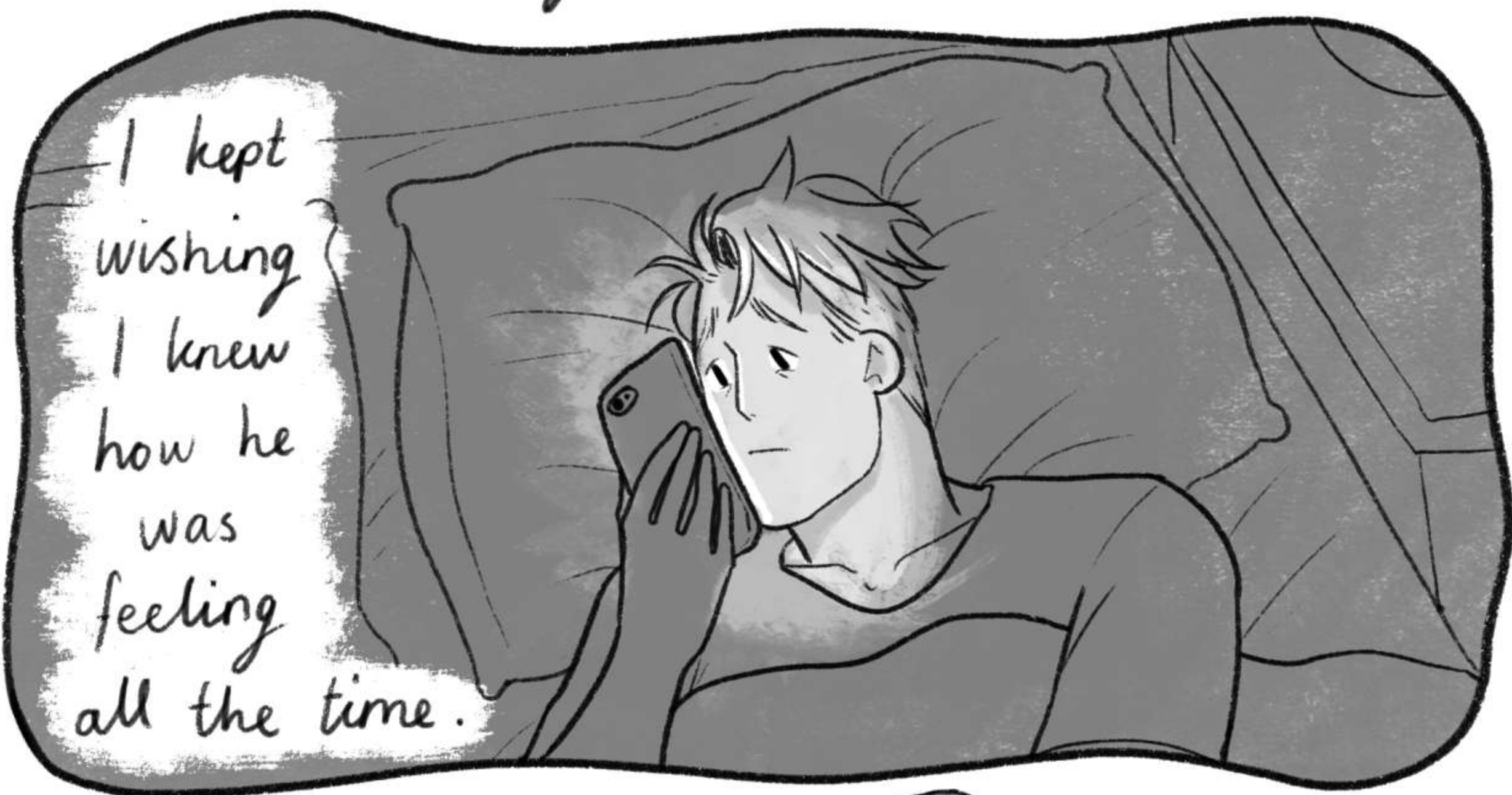
being
at
school
without
Charlie.



I couldn't stop
worrying about him.

We spoke on the phone when we could,
and obviously I visited a lot too, but-

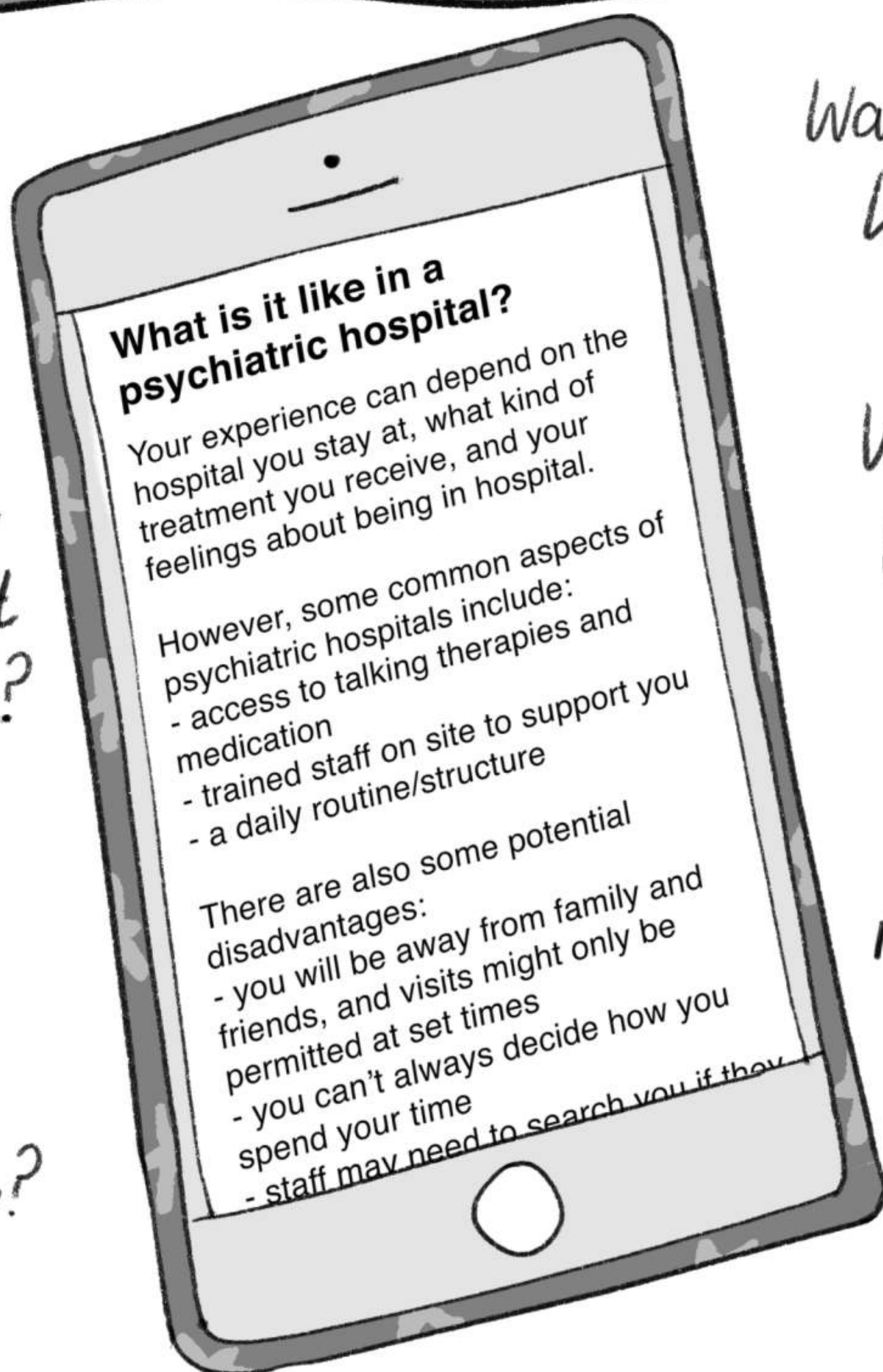
I kept
wishing
I knew
how he
was
feeling
all the time.



Was he
homesick?

Was the
treatment
helping?

Was it
making
things
worse?



What is it like in a psychiatric hospital?

Your experience can depend on the hospital you stay at, what kind of treatment you receive, and your feelings about being in hospital.

However, some common aspects of psychiatric hospitals include:

- access to talking therapies and medication
- trained staff on site to support you
- a daily routine/structure

There are also some potential disadvantages:

- you will be away from family and friends, and visits might only be permitted at set times
- you can't always decide how you spend your time
- staff may need to search you if they

Was he
lonely?

Was he
bored?

Had he
made some
friends?

It feels so awful to complain about my feelings when Charlie's been going through all of that, but I guess I've been pretty anxious these past few months.



But I talk to
Mum about it a lot.
That helps.

I've been hanging out more with
my rugby mates, too.



Now that I'm out to them, I feel like
I can just be myself around them. And
we can just hang out and be chill.

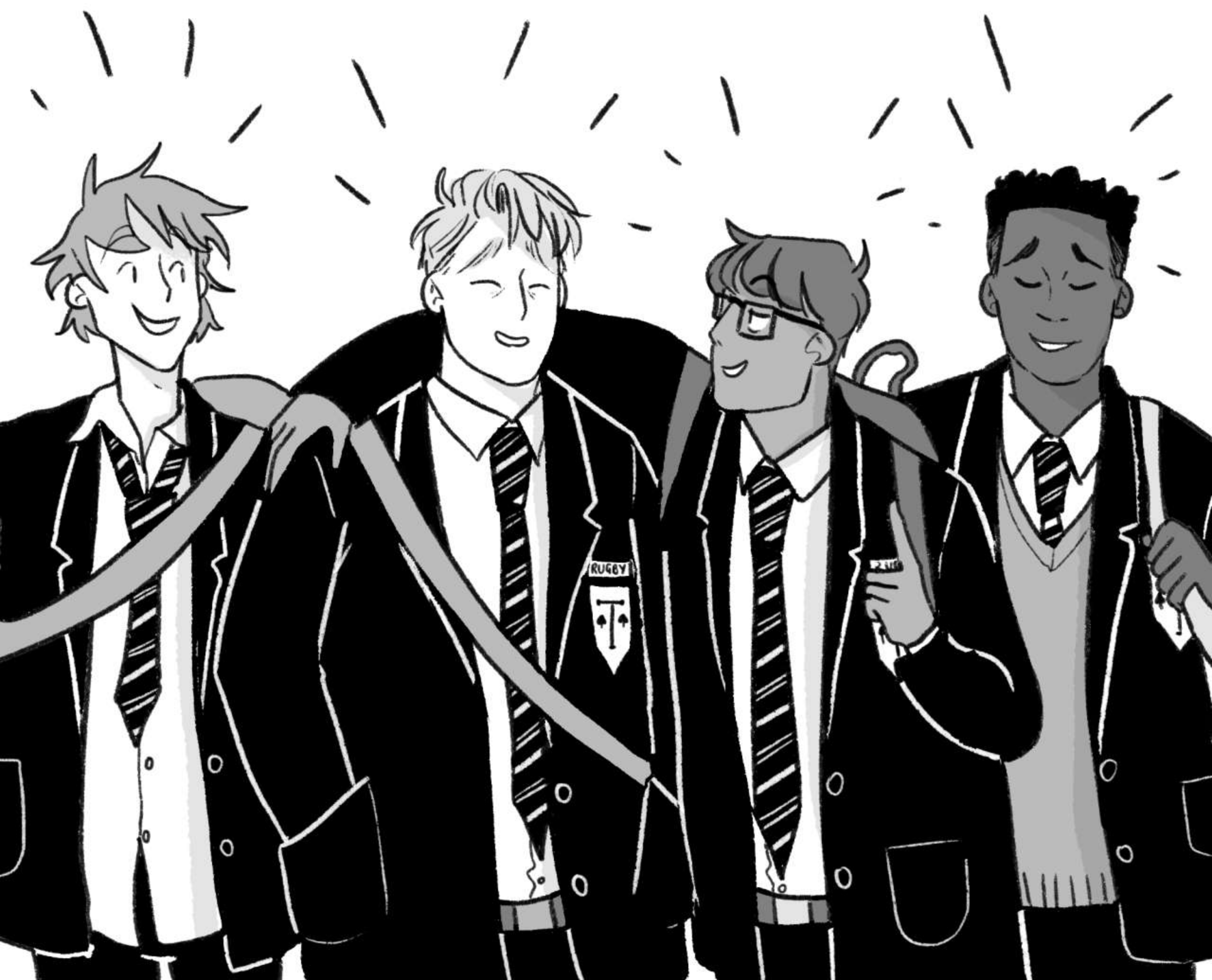


Charlie asked me not to tell them
what was going on with him.

He was kinda scared of it spreading
around school.



They knew he was off school because he was
unwell, though, so they've been supportive
in their own way.



Charlie said I could keep the Paris Squad updated.



Elle Argent

darcy did you get the card for charlie?



Darcy Olsson

YEP i got a giant one, it's the length of my arm



Tara Jones

omg



Tao Xu

Nick does Charlie have access to a DVD player???

I was thinking we could send him some fun films to watch

yeah he does!!! Good idea, he literally said they don't have Netflix or anything and they've only got movies from like 2005 haha

Nick Nelson



Tara Jones

I got the gift basket! And some ribbons and stuff to make it pretty



Aled Last

i got him some art stuff!



Sahar Zahid

I got him a couple of books!! He said he likes to read so I hope that's okay

Do you all wanna come back to mine after school tomorrow?? You can sign the card and we can decorate the gift basket and stuff! also you can come on a walk with Nellie and me if you want!!

Nick Nelson



Darcy Olsson

I WOULD LIKE TO MEET NELLIE



Elle Argent

i also would like to meet nellie!!!!



Tao Xu

I think we all would like to meet Nellie tbh

He didn't want them all visiting - I think it would have been too overwhelming.
But they still found ways to help.

And
they helped
me too.



I'd go with
Charlie's family
to visit him
a couple of
times a
week.



Part of me
wished I could
go every
day, but
he
needed
space.

I got to know Tori and Oliver pretty well
during all the long
car journeys.



Tori's kind
of quiet, but
I think she
likes me?
I dunno.





She's kind of... intense.



Dear Tori,
We had art therapy today so I thought I'd make you a card! I was gonna save it for your birthday (hence the cake lol) but nah you can have it now. Sorry for putting you through all this shit recently. At least I got to improve my art skills! we can be happy about that??

Lol idu.

Love you,

Charlie
xxx

CONTENT WARNING: Discussions of mental health, including eating disorders and self-harm

It took a few weeks, and a lot of visits, but Charlie started to seem a little better.

Staying in a hospital was a big risk.
It probably isn't helpful for everyone.

But it was
for him.

Haha
Tao's always trying
to get me to
watch this



He could actually focus on
his mental health without
worrying about school and
what everyone thought.



Hey

Hey

He came
home in
early
December.



*Just in time for the
Christmas season.*



He's still dealing with a lot, so he stayed off school for the rest of term.



Christmas Day was especially hard. He came round mine after a big argument with his mum.



He got to meet our new puppy,
Henry, which cheered him up
a bit, but...



It was
a difficult day.

It's not like seven weeks in hospital made him magically okay again.

I know I'm not an expert or anything, but from what I've learnt over the past few months, mental illnesses take a long time to go away completely... if they ever do.



This is probably only the start of a long journey.

But he's definitely doing better.



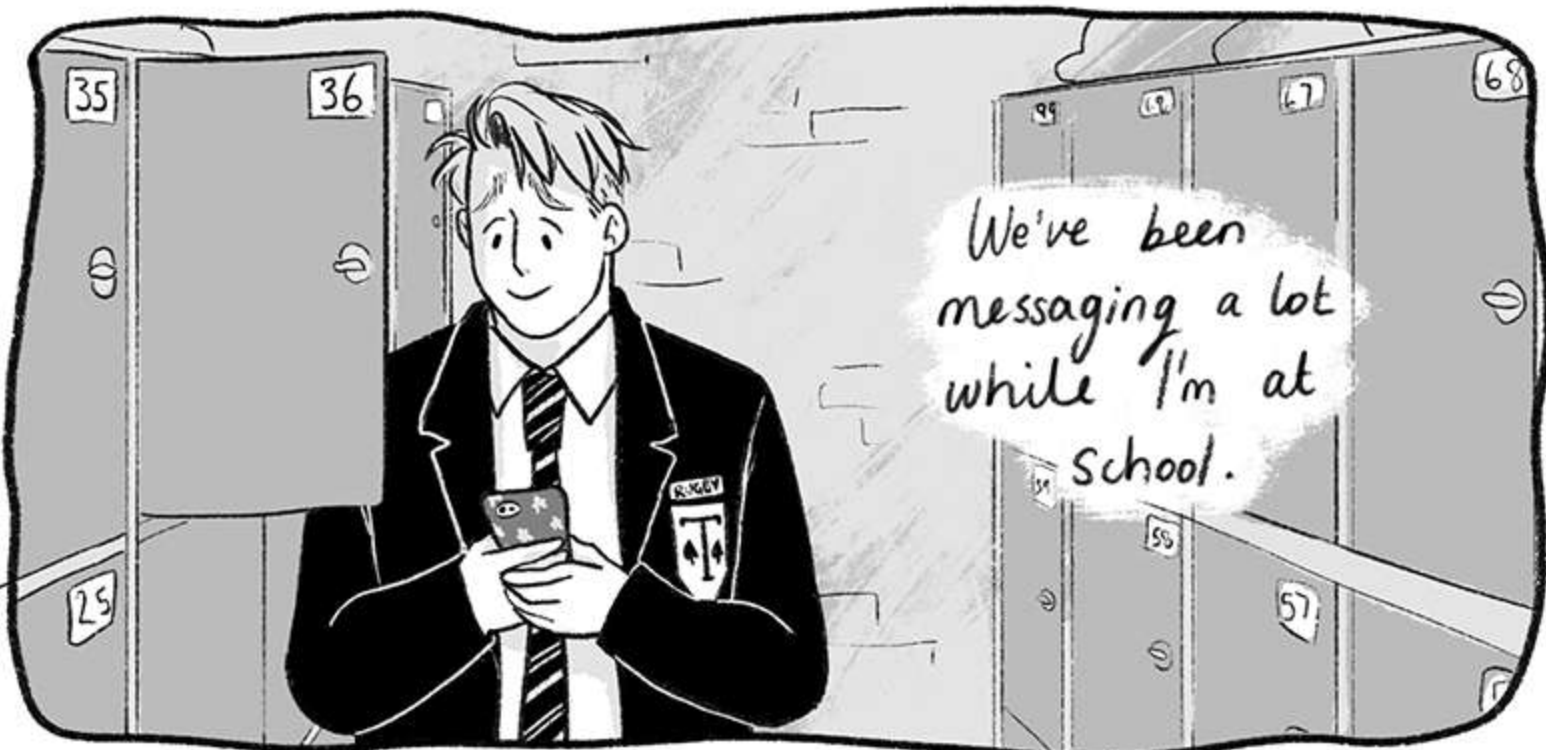
He's having therapy sessions with this guy called Geoff.



He hasn't self-harmed since October.



And he's genuinely trying really hard with his anorexia.





and he said something funny



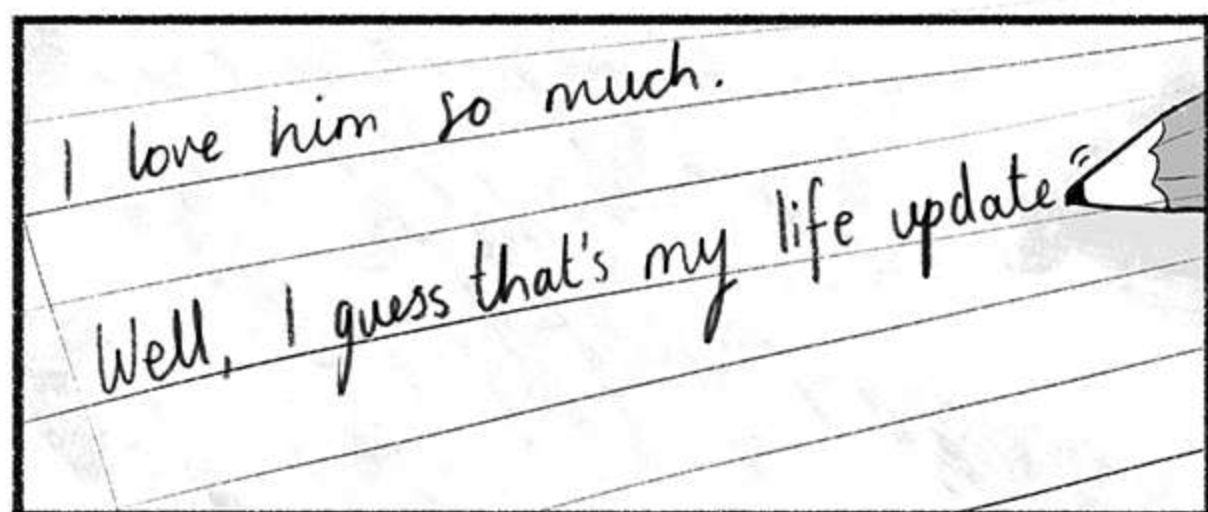
and we just started laughing



and couldn't stop for ages

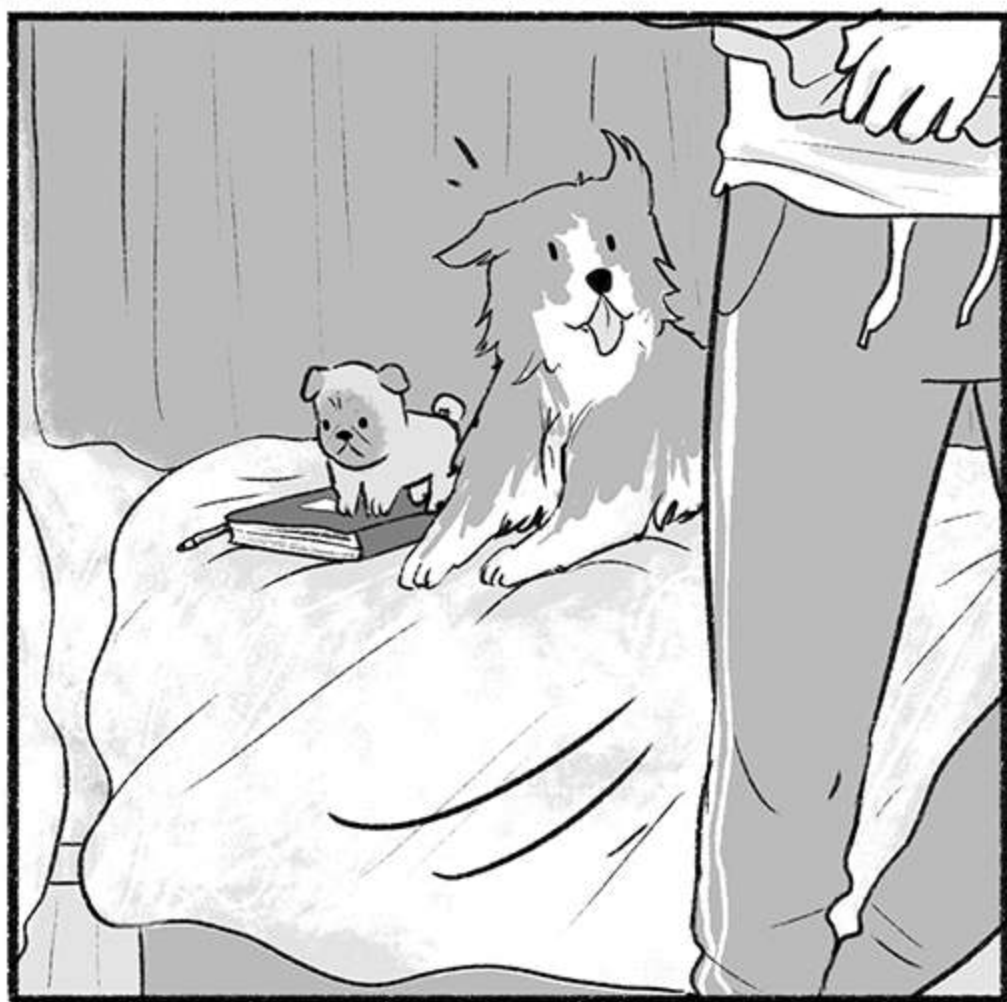


I love him
so much.





Anyway, I'd
better go -
Charlie will be
here soon!
We're going to
a New Year's
Eve party
tonight!





A guy in my year is having a big house party with fireworks and stuff.



It's the first time Charlie will have been back with a bunch of people from school. We can always leave if it's awful, but I'm excited.





I'm excited to just hang out at a party with my boyfriend.















Hey Charlie!
How come you
were off school-

We're
going
outside
for a
bit now,
byeeee!



Are you
sure you
don't mind...
um... people
seeing...?

Char.
Everyone
knows we're
dating.

Yeah, but
you only
came out
to school people
a few months ago...

It was five
months ago.
Stop worrying
about me.

WAIT-



Two!

One!

FSSSH

BOOM

HAPPY NEW
YEAR!!!

BOOM



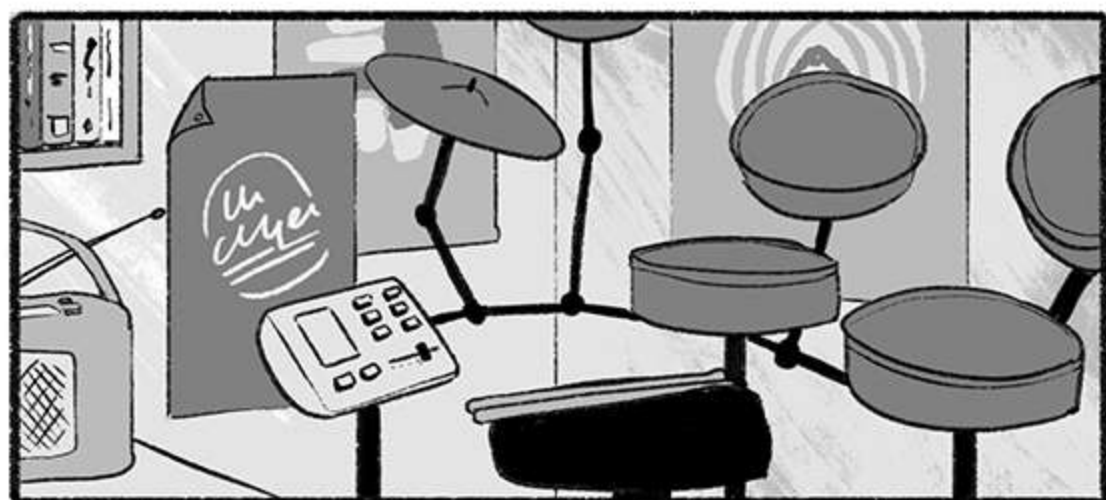
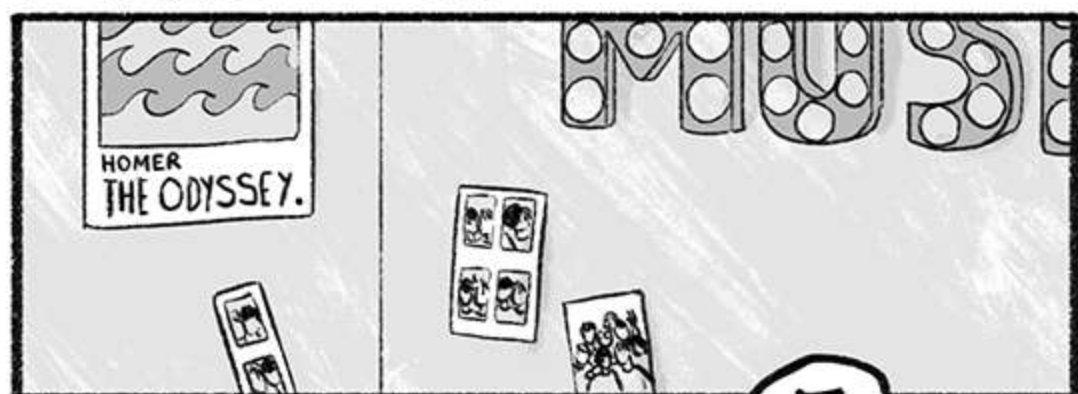






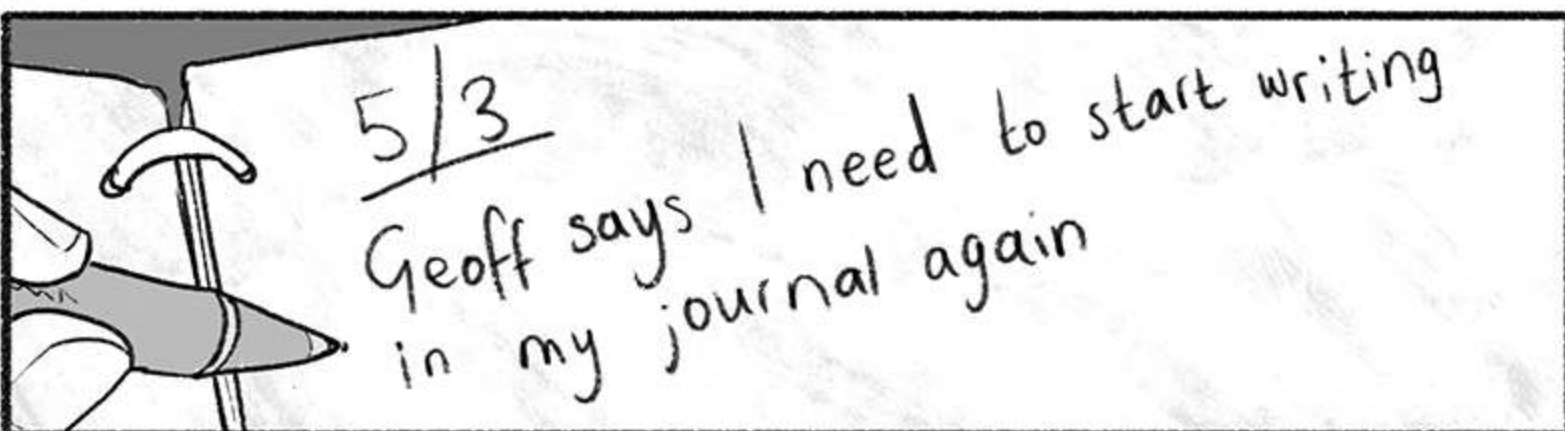


MARCH





1192



Well, he didn't say I HAD to.
He just said it might be helpful.

He's probably
right.

He's usually right,
which is quite annoying, actually.



1193

But I haven't written in here since last
summer, and a lot has happened since then.

I can't believe I've been having therapy for like four months already.



I hated the idea at first.

Even though I admitted I needed it.



And things didn't exactly get off to a great start, what with the waiting time, and me just spiraling after that.

Appointment date: Tuesday 4th January

You need to get out of bed and stop being so lazy

Does charlie read the group chat?? where is he??

Disgusting

Please message me if worried about you!!!

Need to stay in control or else things will get bad

Are you off school again? Are you feeling ok? I can send you the maths homework bc it's due tomorrow and Mr St... and if you don't have...

You keep skipping meals, you're even trying to...

Don't deserve

"Mental health waiting times for children and teens 'dangerous and unhelpful'"

Enquiry into the latest waiting times for children and teenagers in the...

Things got bad really fast.

Spending a few weeks in a psych ward was obviously not my plan.



And there were some ups and downs there, sure.



But I think I got lucky because the place I went to was actually helpful. 1196



I started therapy there. Not with Geoff, but the therapist was really nice.

I had a nutritionist, too. I know that isn't the case for all psych wards.



We weren't allowed mobile phones, but I could still call home from the ward phone.

Some of the rules kinda sucked, and some days were awful, but a lot of it was fine. I even made a couple of friends.



At first, I think there was a big part of me that didn't even want to get better. That just wanted to keep pretending I was fine, so I didn't have to put in the effort to change.



I was so scared of losing control. Eating was something I could control.

But I wasn't fine. I had - have - a mental illness. Anorexia.

More information: <https://www.beateatingdisorders.org.uk/>

What is anorexia?

Anorexia nervosa is an eating disorder w of low weight due to limiting their food also do lots of exercise to get rid of food may experience cycles of bingeing and have a distorted view of their body and fear of gaining weight.

Studies have shown that people wh "normal" weight can still be diagnose You can't tell if someone has anorexia

Many people who have anorexia of control and a desire to be in

I also got diagnosed with OCD, which makes a lot of sense too. Geoff says they're connected.

More information: <https://www.ocduk.org/>

What is OCD?

Obsessive-Compulsive Disorder is an anxiety- where a person experiences intrusive and un 'obsessions', which result in a person carrying behaviours or rituals to prevent a perceived 'compulsions'.

OCD can present itself in many forms. I from OCD, it is likely that your obsession impact your daily life significantly in

If you have OCD, it is common to ex mental health problems as well. Th OCD difficult to diagnose or treat

Anorexia and OCD, apparently.

Well, yeah, that makes sense.

Haha yeah

Hearing the words was scary, but... also a relief.



Everything finally made a bit of sense. Especially the OCD stuff, which I don't think even Nick really knew about.



It's like...
there's all these
rules in my head
about food.

Ordering and
collecting and
eating in certain
ways at certain
times.

And if I
break the
rules I feel
like I'm gonna
die.

My brain is
literally SO weird.

Being in hospital didn't make me
completely free of mental illness.
Not even close.



But it got me out
of the deep end.



Geoff is my therapist now that I'm back home.



He thinks he's hilarious. I don't know if humour is appropriate for a therapist, but it makes sessions slightly bearable, since I hate talking about my feelings.



Me and Geoff have talked about what's happened in my life over the past couple of years.





Geoff says it's
trauma.



Kind of a dramatic word, I guess,
but Geoff says trauma can come
from all sorts of things.

Geoff says I'm making progress, but I think I'm realising now that there might never be an 'end'.



But Geoff also says the bad days will get less common. And I can just enjoy my life and hardly ever stress out about food.



Some days I think he's full of shit.

But some days I feel hopeful.
I guess I'll have to keep trying.

So I went back to school after the Christmas holidays!



A couple of teachers knew what had happened.



Mr Farouk and Miss Singh have been really supportive.



Especially as rugby has been kinda hard.



I think Tori feels guilty about everything.



She
shouldn't,
but...

her mental
health
hasn't
been
great
either.



But she's made this new friend called
Michael.

I don't think they're dating, but Tori won't tell me anything.



He's kind of the opposite of her, but they seem to get along in a way I can't quite explain.



They just click.

Maybe like Nick and me.

So I guess there've been some changes.
And maybe I won't be getting 'back to normal',
whatever that is.

I think that's okay, though.



It's not gonna
be a straightforward
journey.

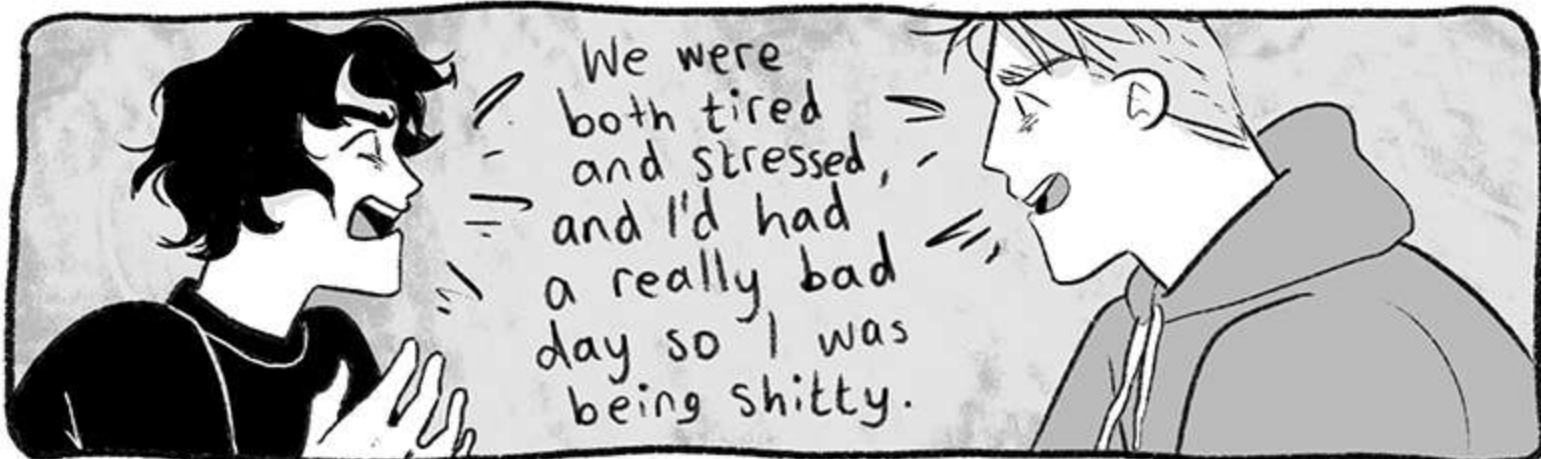
Haha, since when is anything
I do straight? Okay, that's
not funny.

But really.

I had a self-harm relapse in mid-January.



Me and Nick were eating dinner at mine, and we just got into a silly little argument.



We were both tired and stressed, and I'd had a really bad day so I was being shitty.

He left, and... yeah.

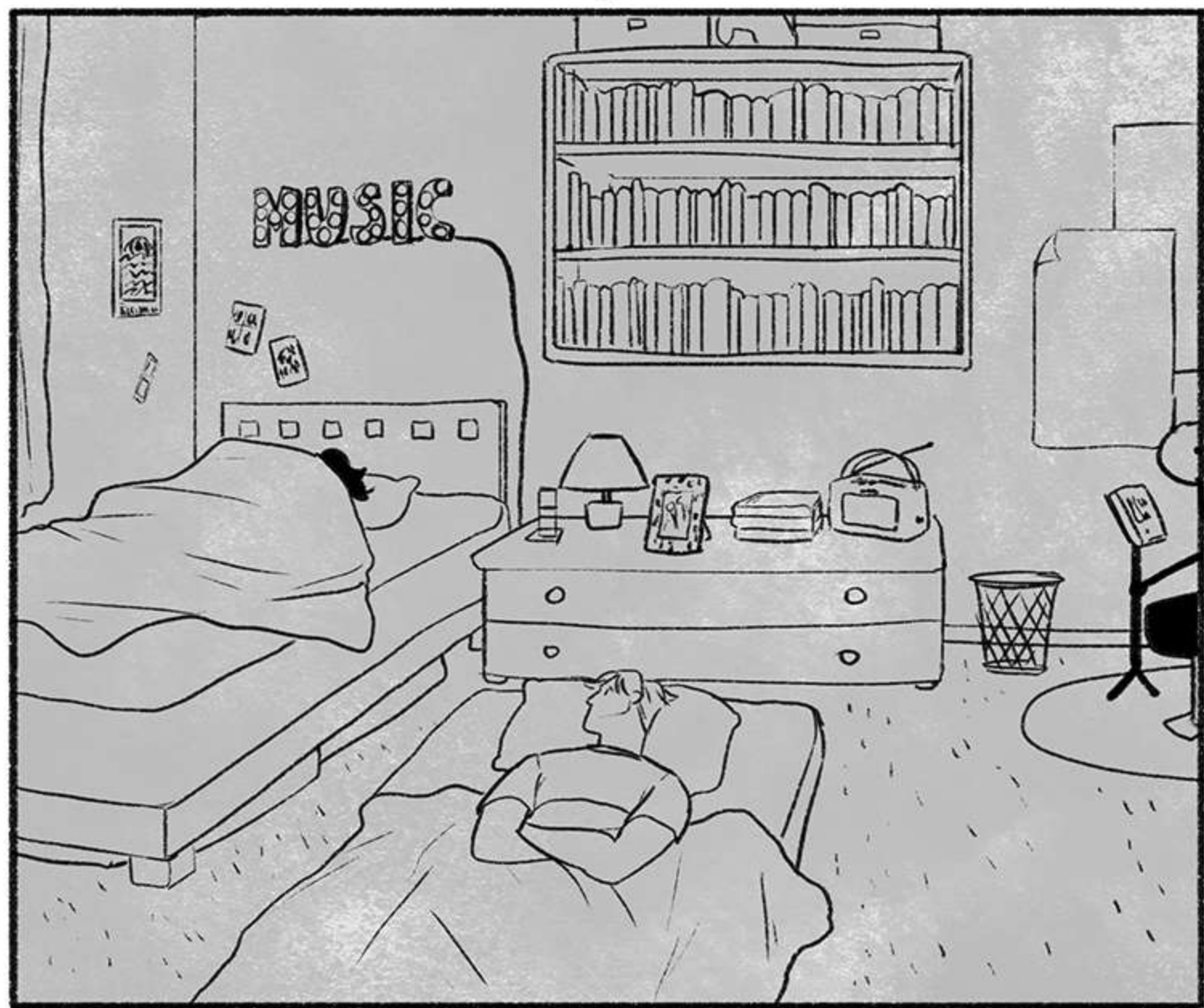


I just got the urge.

It wasn't anyone's fault. Relapses happen.
Tori told Nick what had happened, and
he came back later that night.



Mum and Dad even let him stay over to 'keep an eye on me'.



Not really necessary, but I wasn't complaining.







Pfft, your bed's tiny



Well it's not a double like yours!





I love Nick.



I love Nick so, so much.



But what I've realised through all
of this is that we need
other people too.

Siblings.



Parents.



Friends.



More friends.



A therapist.



Even teachers, sometimes.



That doesn't mean our relationship
isn't strong.



If anything...



I think
we're stronger
now.





We're leaving for Nick's in like half an hour and you're still in your pyjamas.

Excuse me - I was doing very important therapy homework.



Yeah yeah, use your mental illness as an excuse.

Hey -



I'm joking!

... You feeling okay about this Spring-Nelson dinner thing, though?





I know big dinners
aren't your fave.



Yeah, I'll be okay.
I've planned what
I'm having. And
I want to be there
for Nick. He hasn't
seen his dad for
like a year, so
he's pretty
nervous.

He's not
out to him
yet, is he?

No, I
think he
wants to do
it tonight.

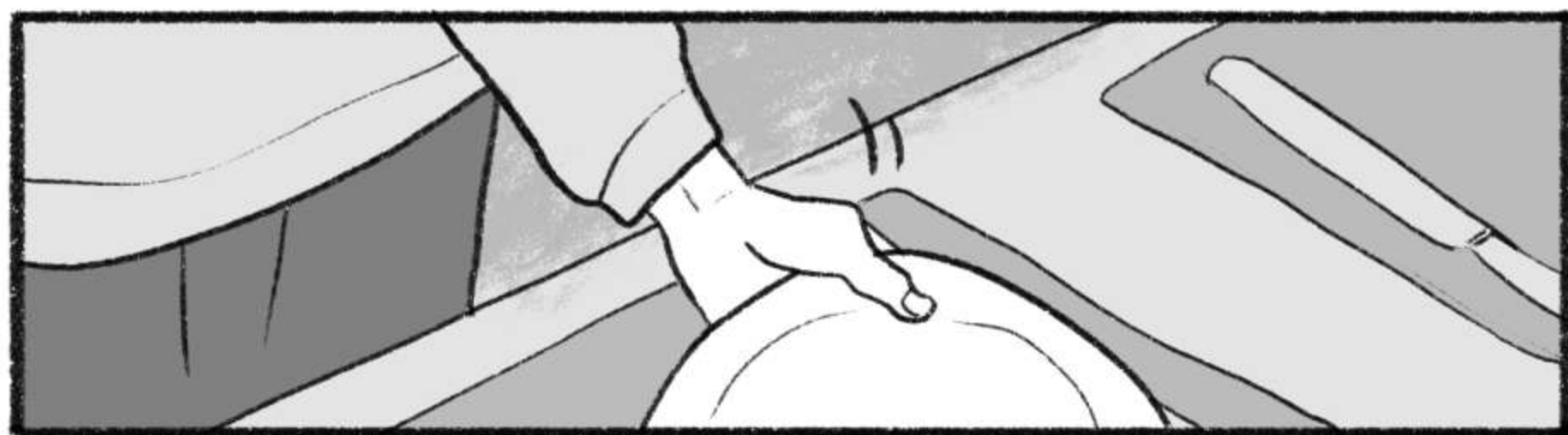




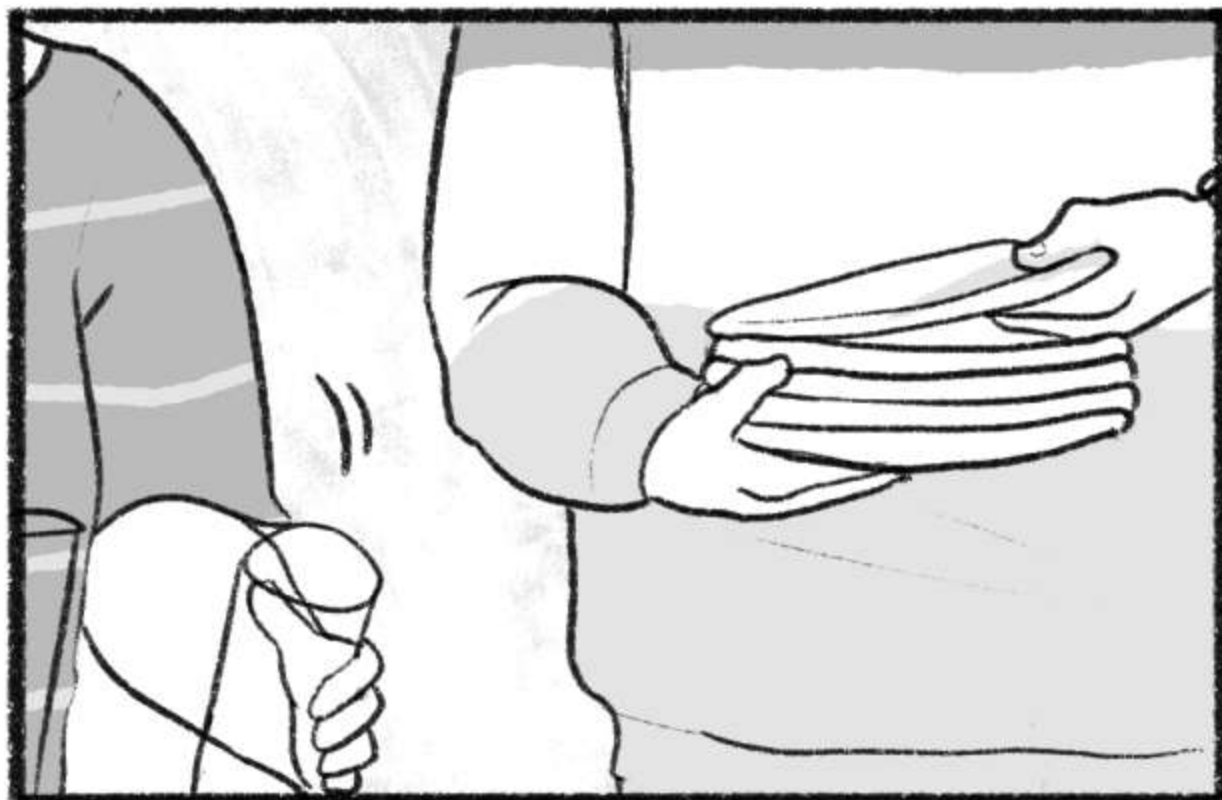
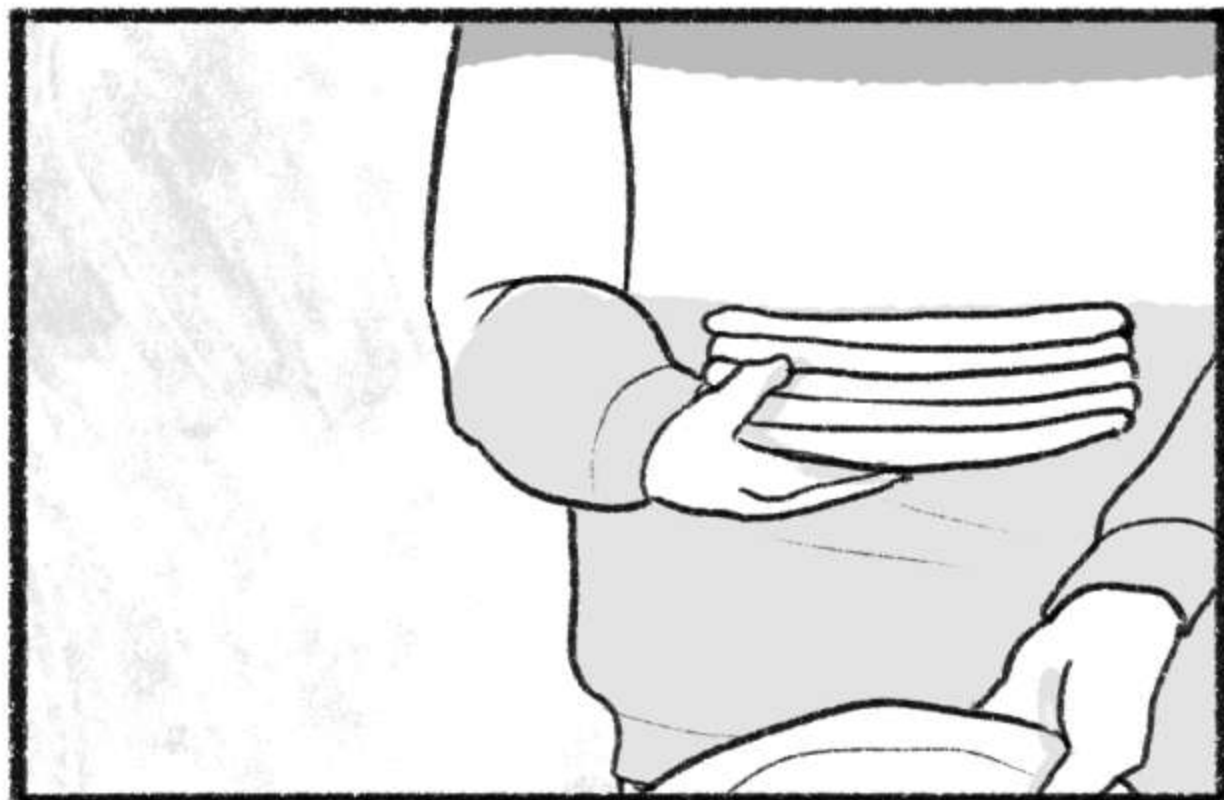
Never said he was!

He's not my boyfriend.

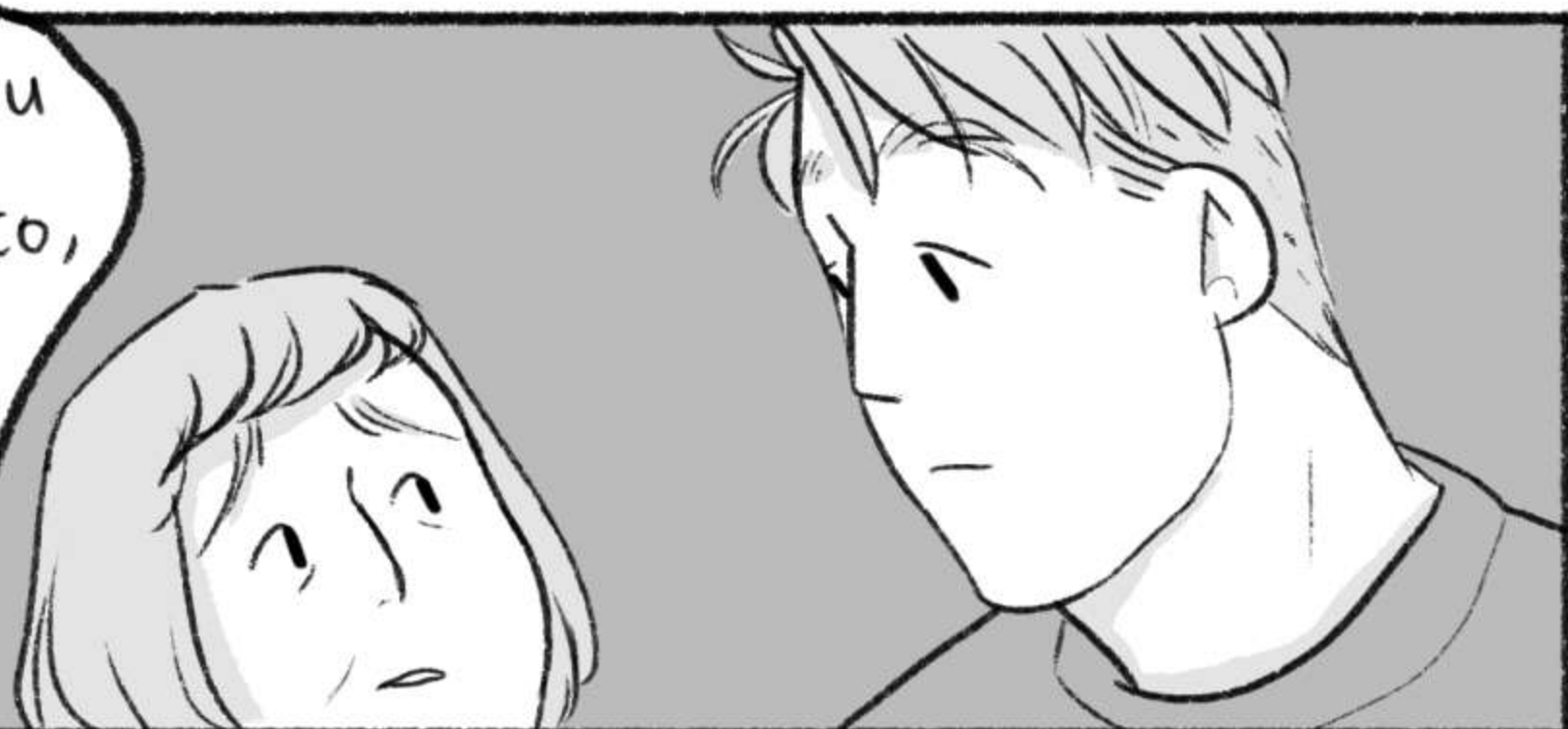
Hmmph.



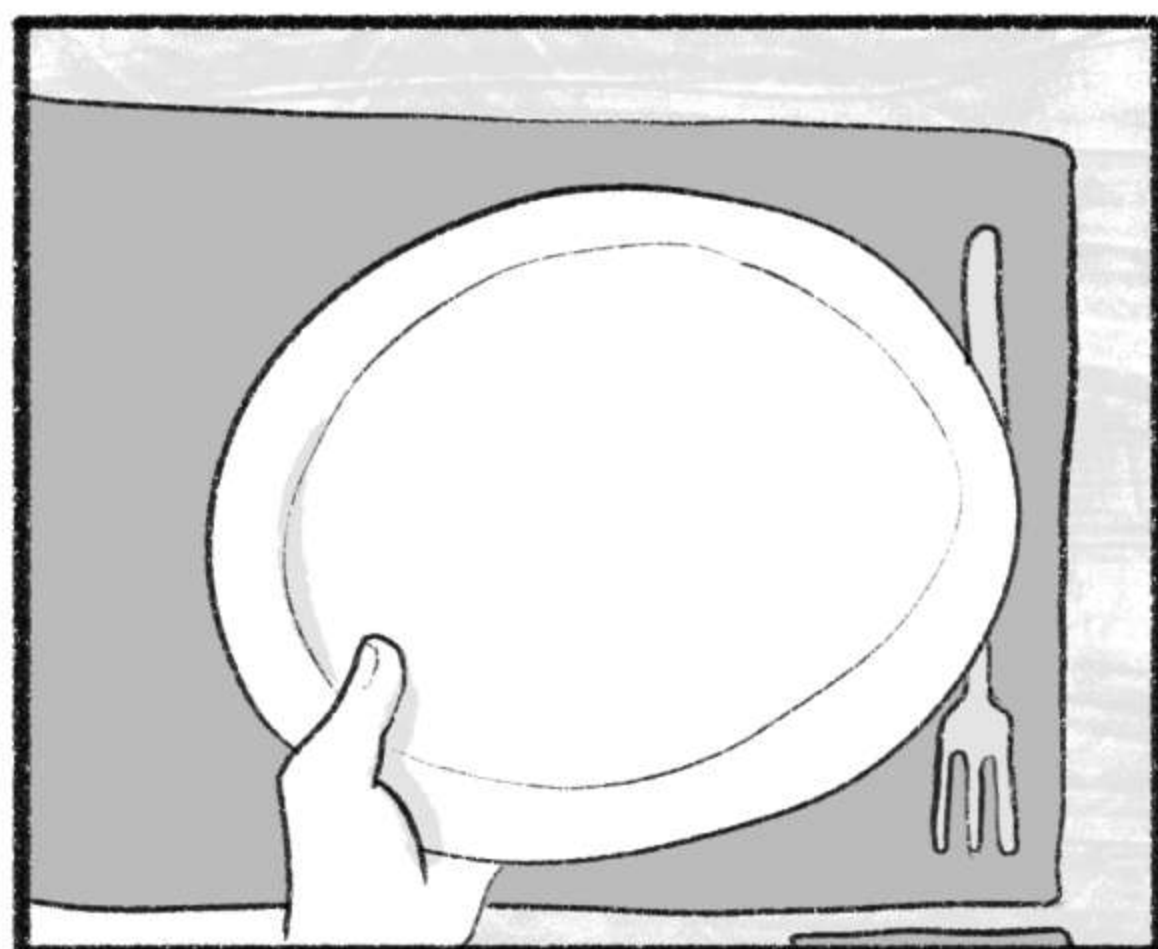




You know you
don't have to,
right? You
don't owe
it to him.



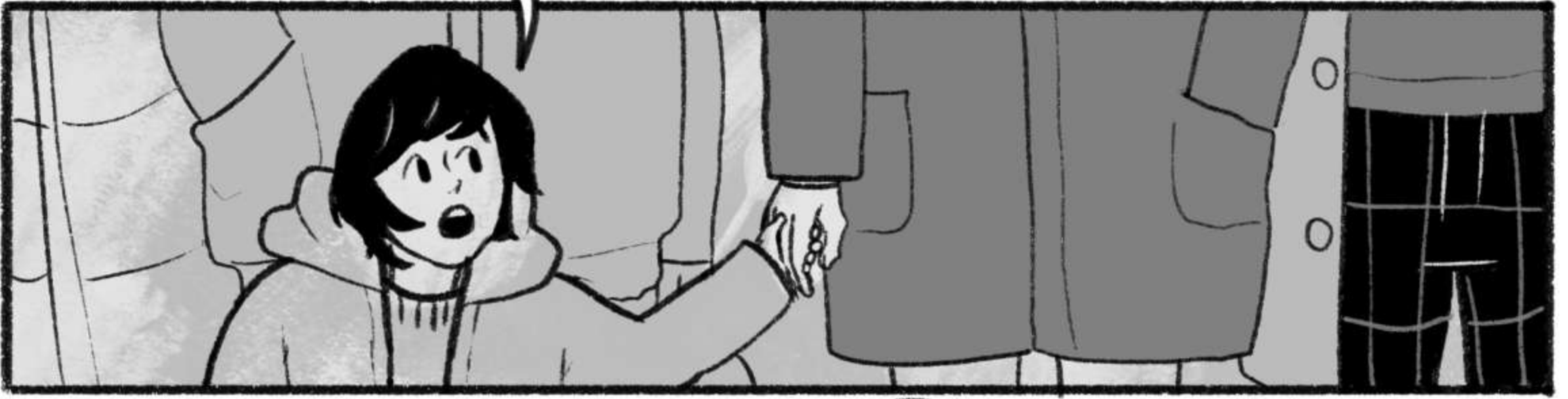
Yeah.
I know.



I'm not
doing it
for him.
I'm doing
it for
me.

DING DONG

Will Nick's
dogs be there?



Yep!

Yaaaay



Nicholas!
They're
here!





It's so good to meet one of
Nicholas' closest friends!
Call me Stéphane!

Um, I'm Charlie,
nice to meet you!
And this is my dad.

How are you,
Jane?

Oh, not too
bad, Sarah! You?

Hello, I'm
Julio.

You cool with
this happening?
Seems like a
lot.

Charlie
doesn't like
restaurants.

Yeah, well...
usually when my
dad visits we go
out to a restaurant,
but he wanted to
meet Charlie, and...

Yeah, exactly.

Hello doggies!!
I'm your new
friend Oliver!!





I'm gonna
be fine.



Let me
worry
about
you
this
time.



PEEK





Later...

I grew up
in the very
south of France,
near Narbonne!



Ah, not far from
Spain, then!

My parents are from
the south of Spain.
Almería.

But your
surname!
It is so
English! Or
... German?

Well, my
father tells
me we have
a rather
complicated
family tree...







So, Dad.

Has Nick
told you
how he met
Charlie?

No, he
hasn't!

Um... we got sat together
at school and then Charlie
joined the rugby team.

Ah, you play
rugby, Charlie!

Well.. I'm not
very good -

Yeah, Nick was basically obsessed with getting Charlie to join.

Wonder why that was.

You know, the girls love rugby players.

I played a bit of rugby when I was in this country at university. It is a very attractive sport to women!

Have neither of you boys found girlfriends?

No, I guess not!

Ah well. There's still time!



Well, actually, Nick doesn't need a girlfriend,



because -



1236

Don't you fucking dare



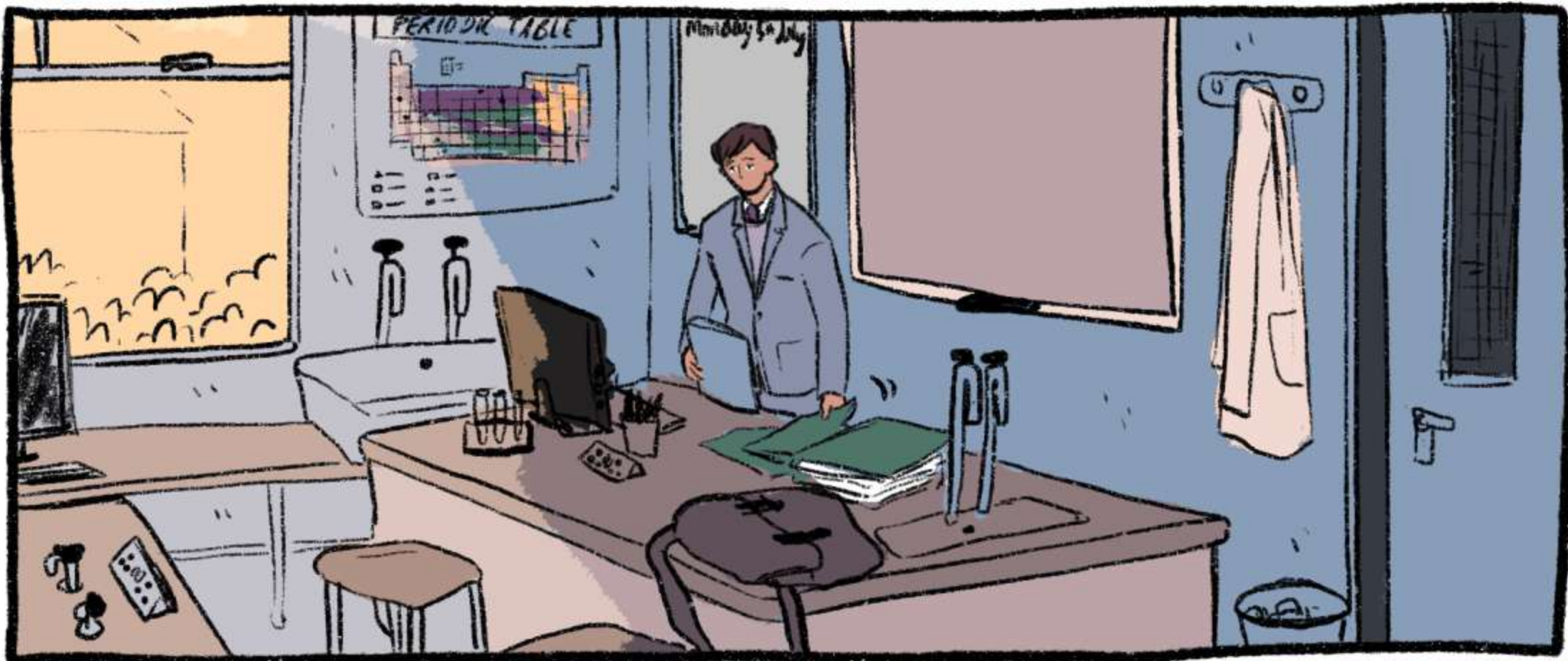
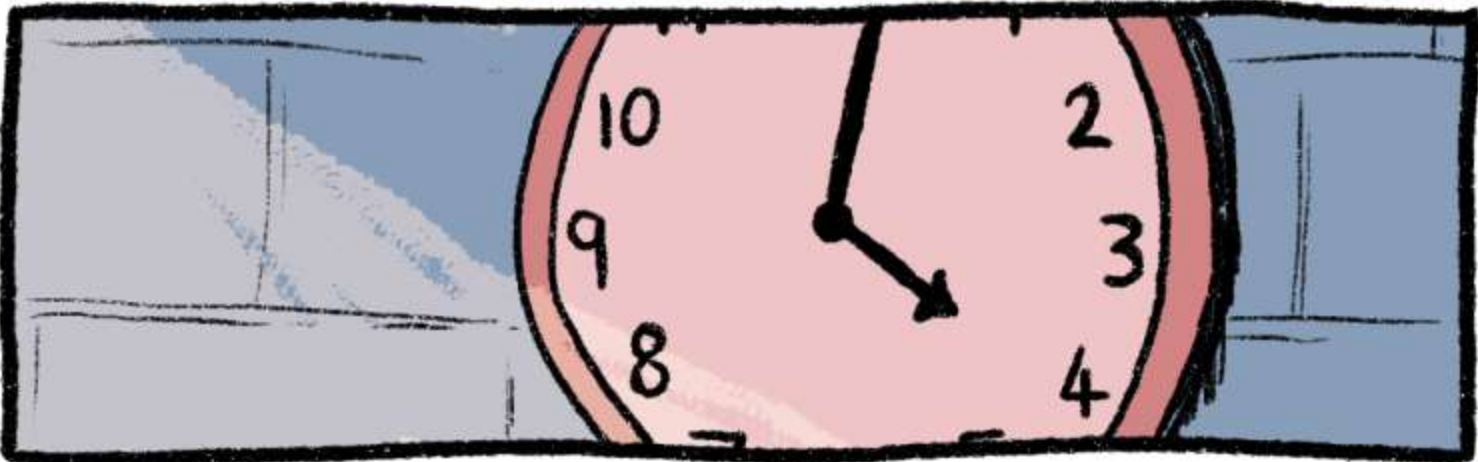
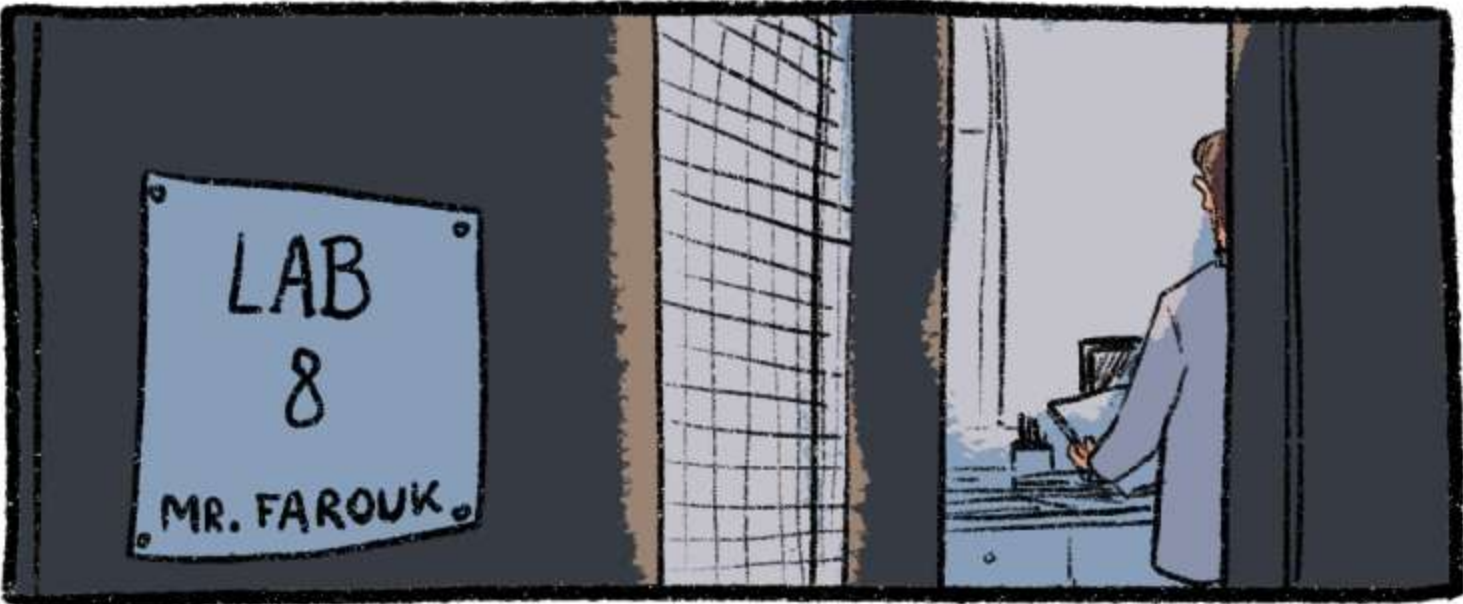


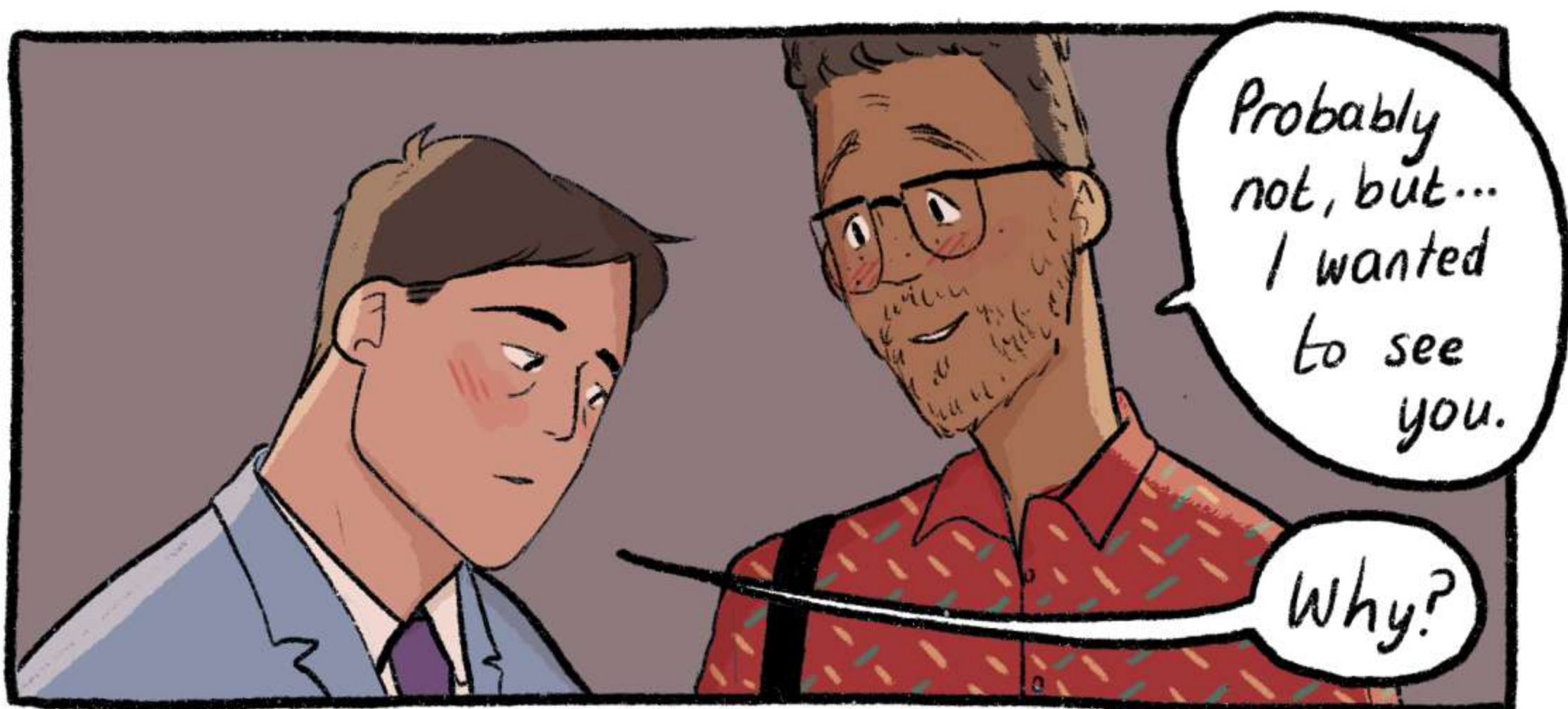
1237



The Teachers

a heartstopper mini-comic







That night in Paris...

It meant something to me.





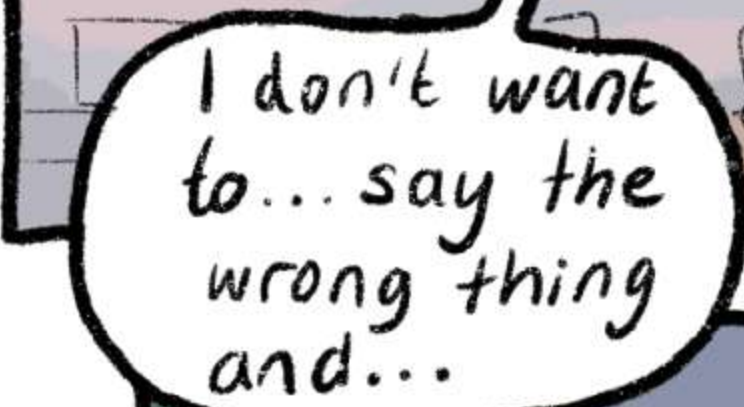


Which is why, if we did it again, we should probably find a more sensible setting. Like one of our places. Ideally with drinks or dinner beforehand.



I'm asking you out, Youssef.









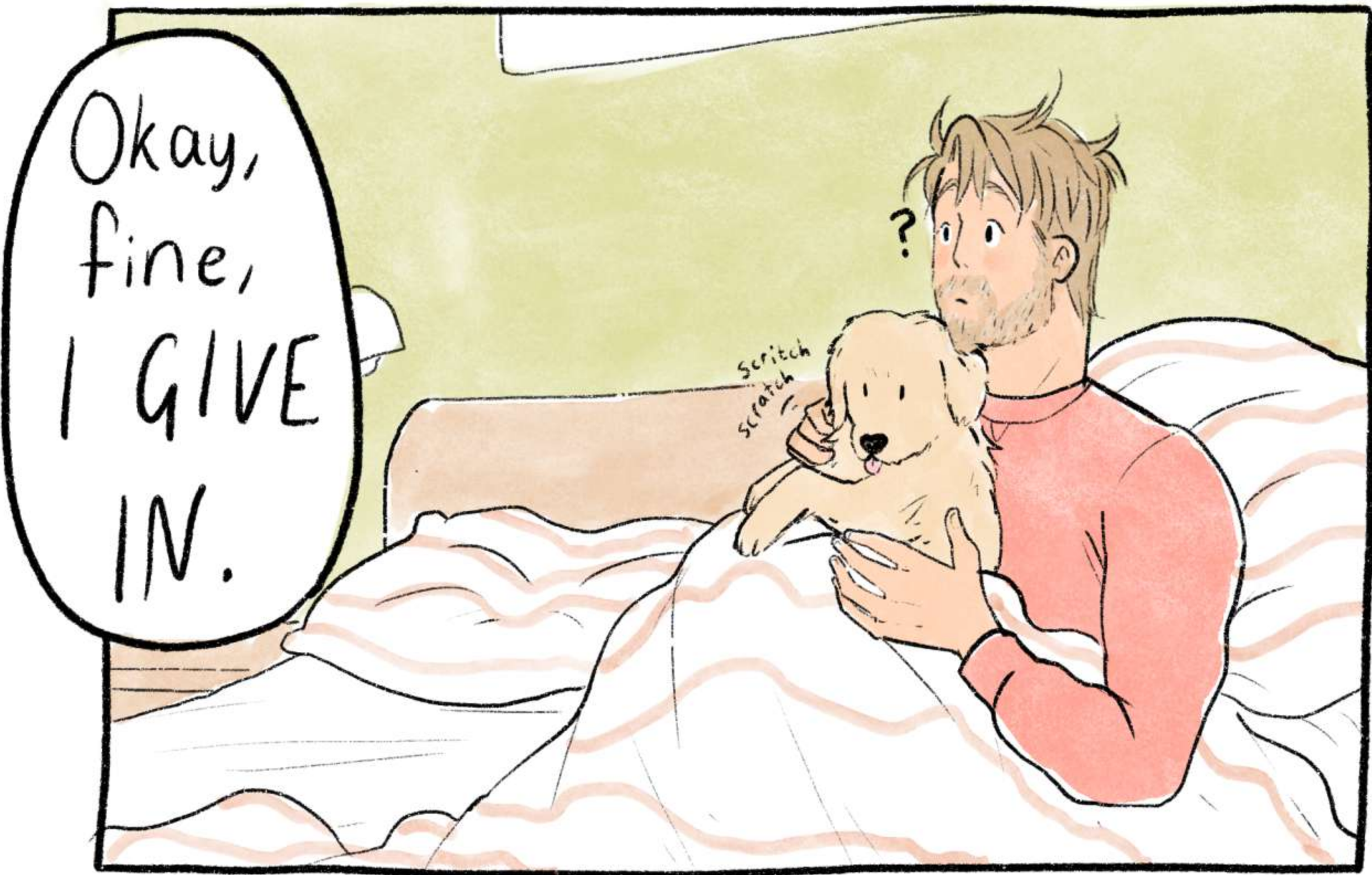


THE HAIRCUT

A HEARTSTOPPER MINI-COMIC

one day in Nick & Charlie's future...



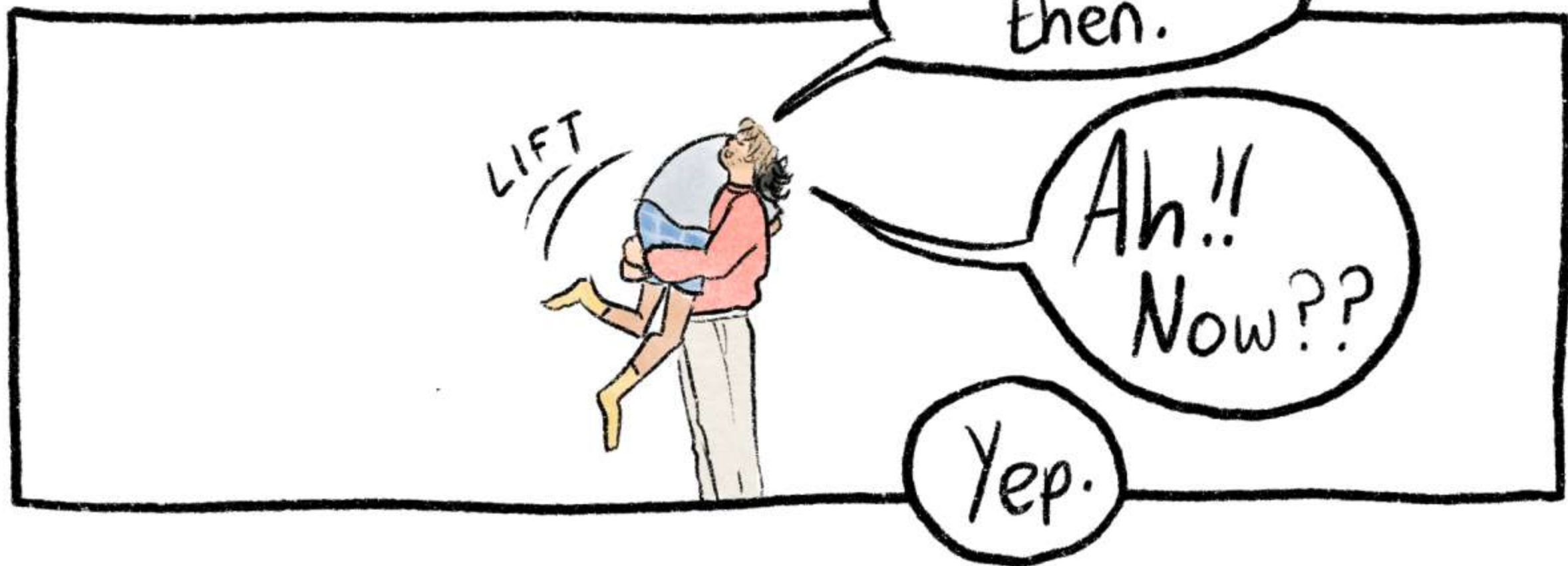




You won't regret this.

We'll see about that.

Come on, then.



Ah!!
Now??

Yep.





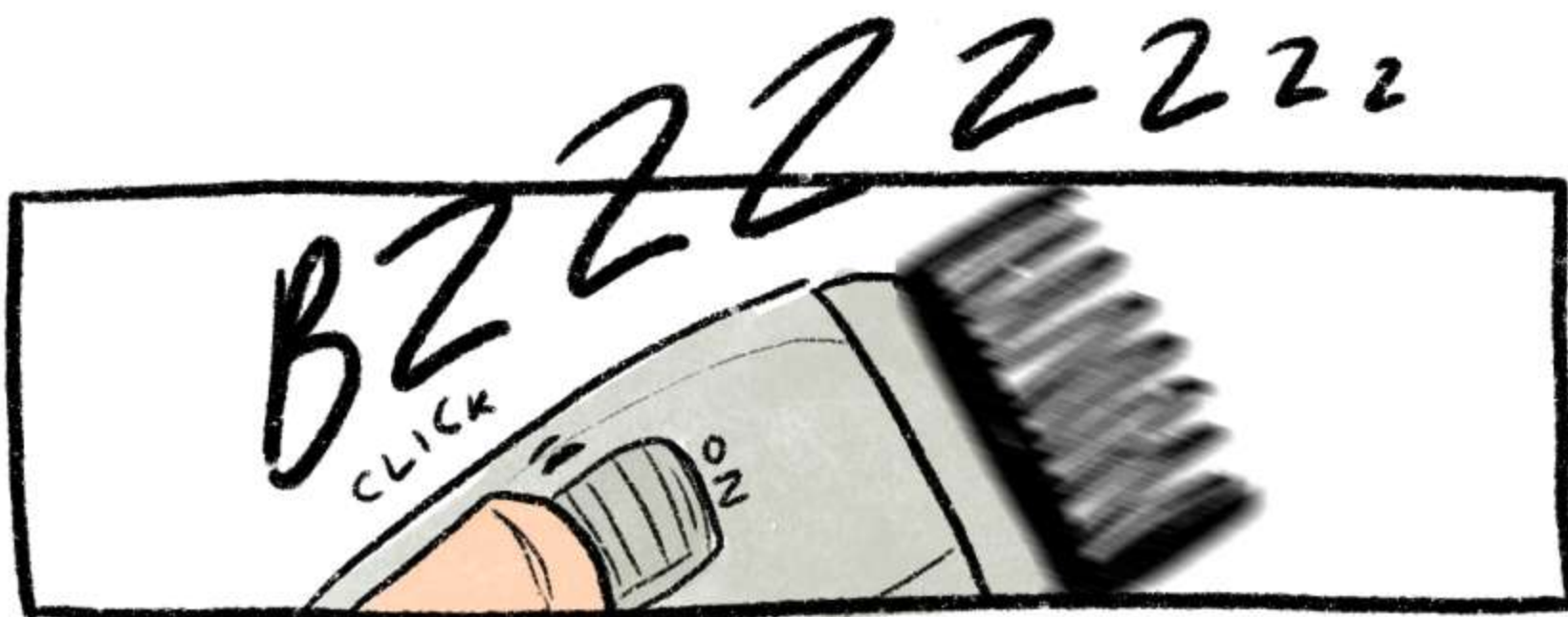
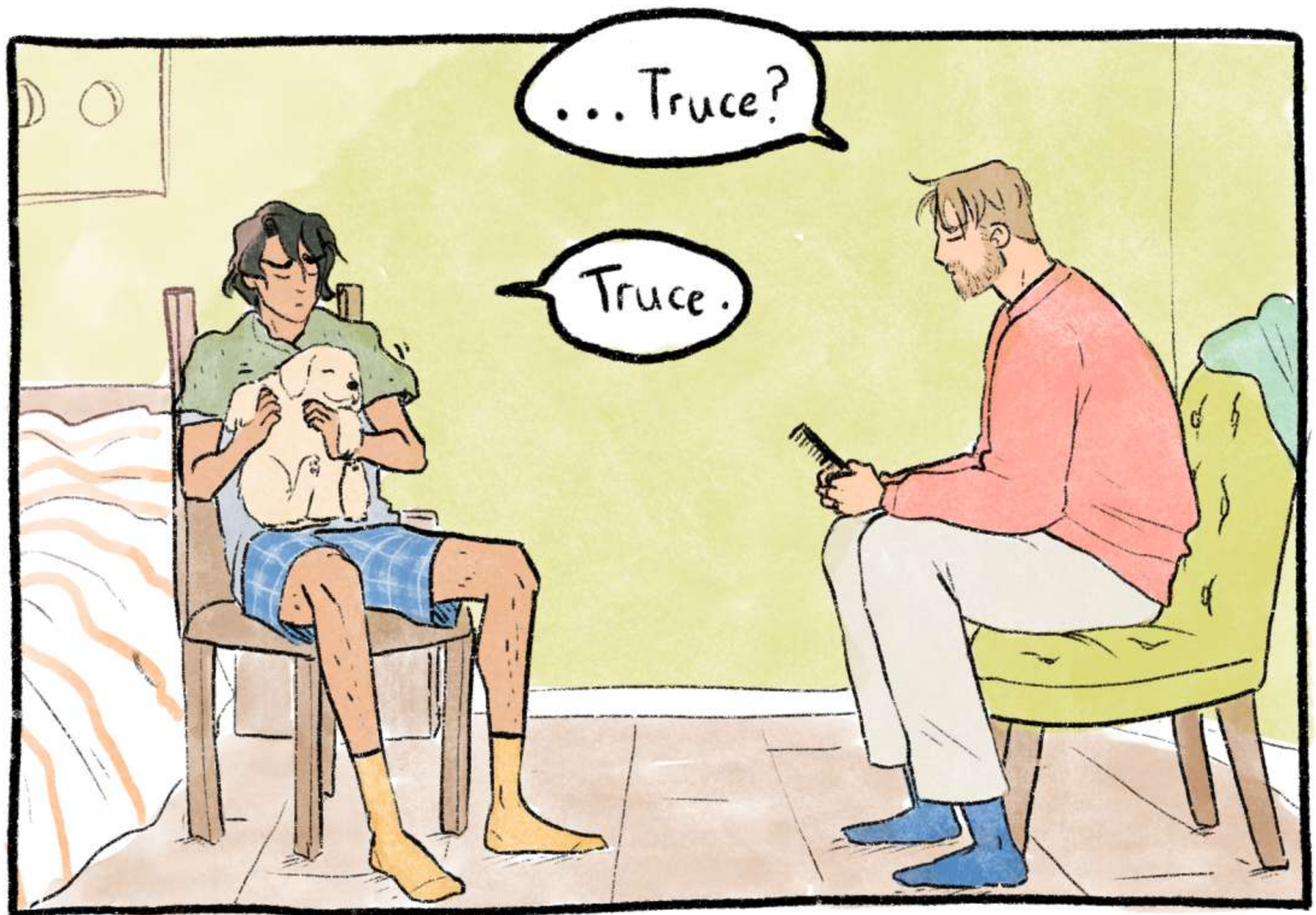
4



SNIP



Many minutes of squabbling
later...

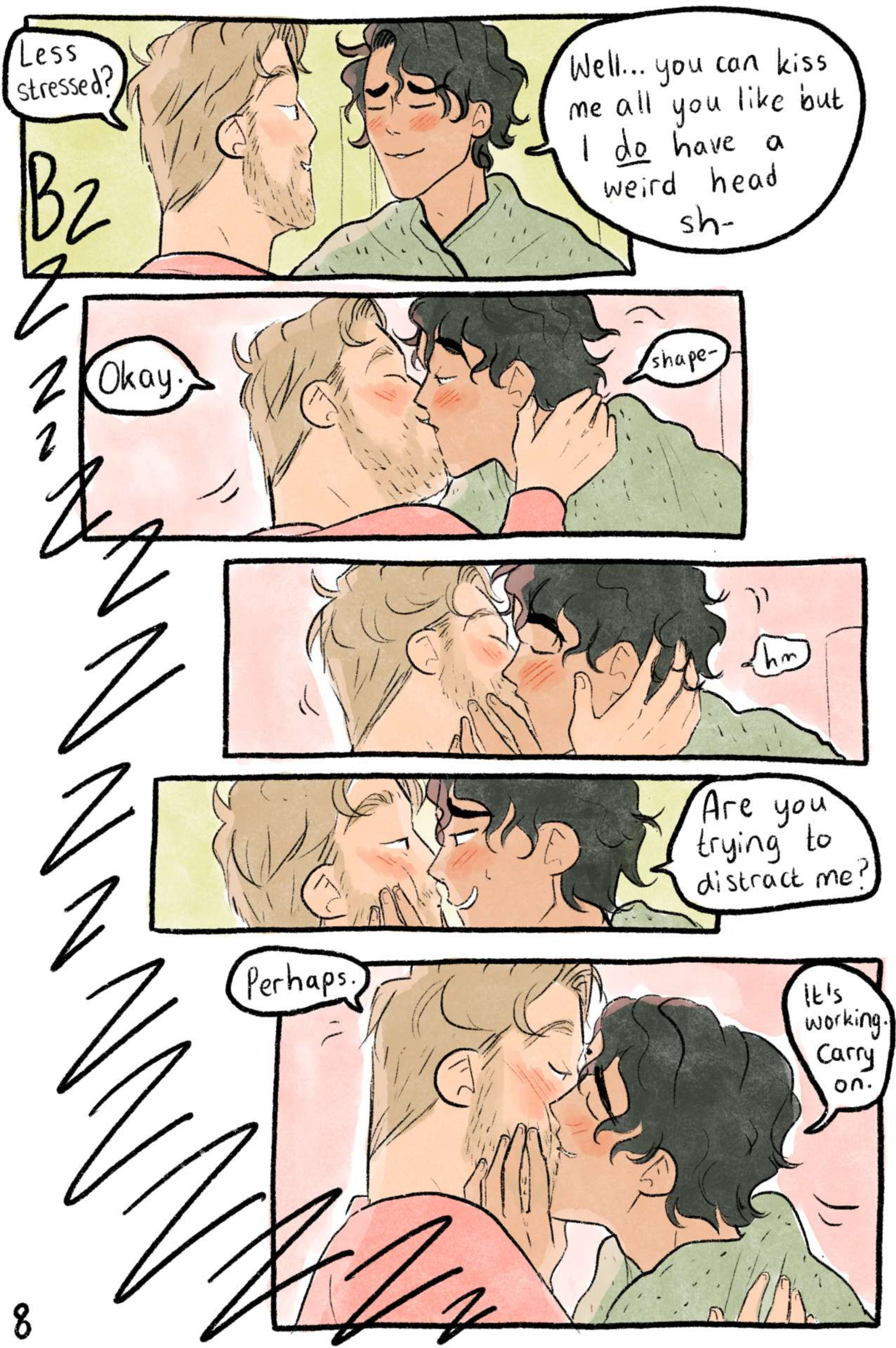




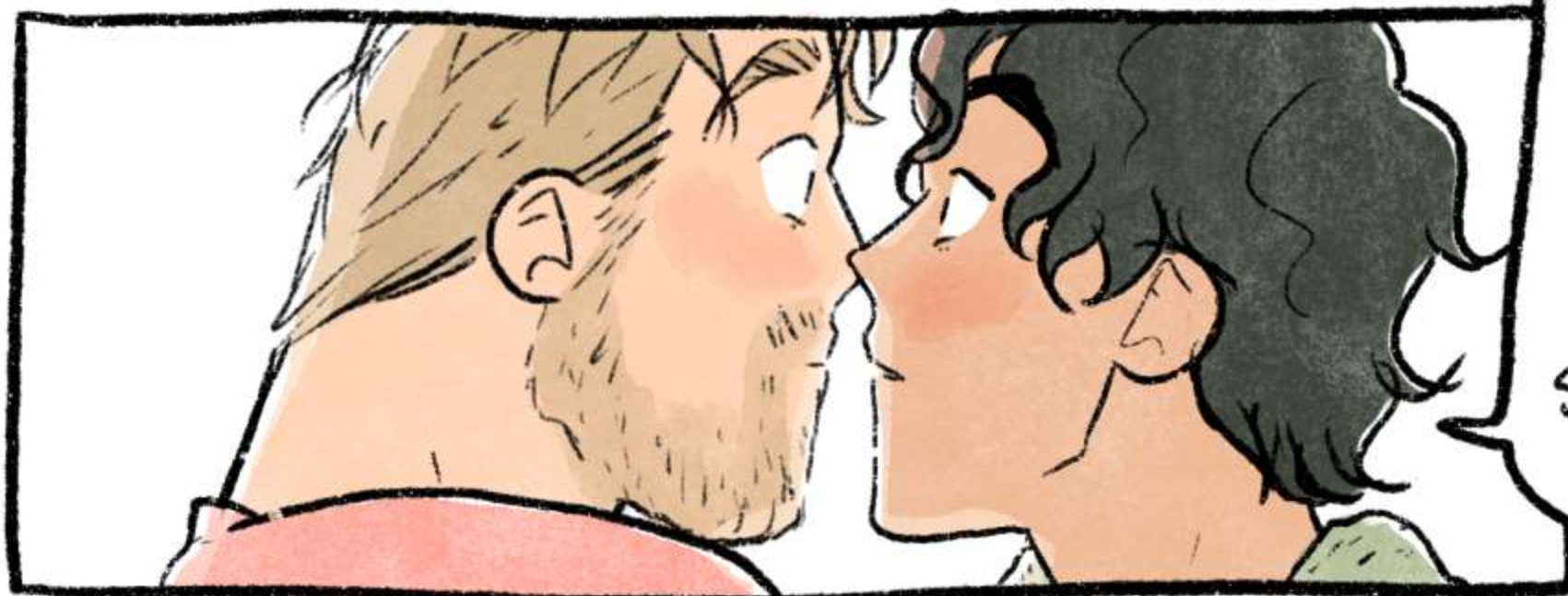
Charlie.
If I kiss you, will you be quiet?

...perhaps

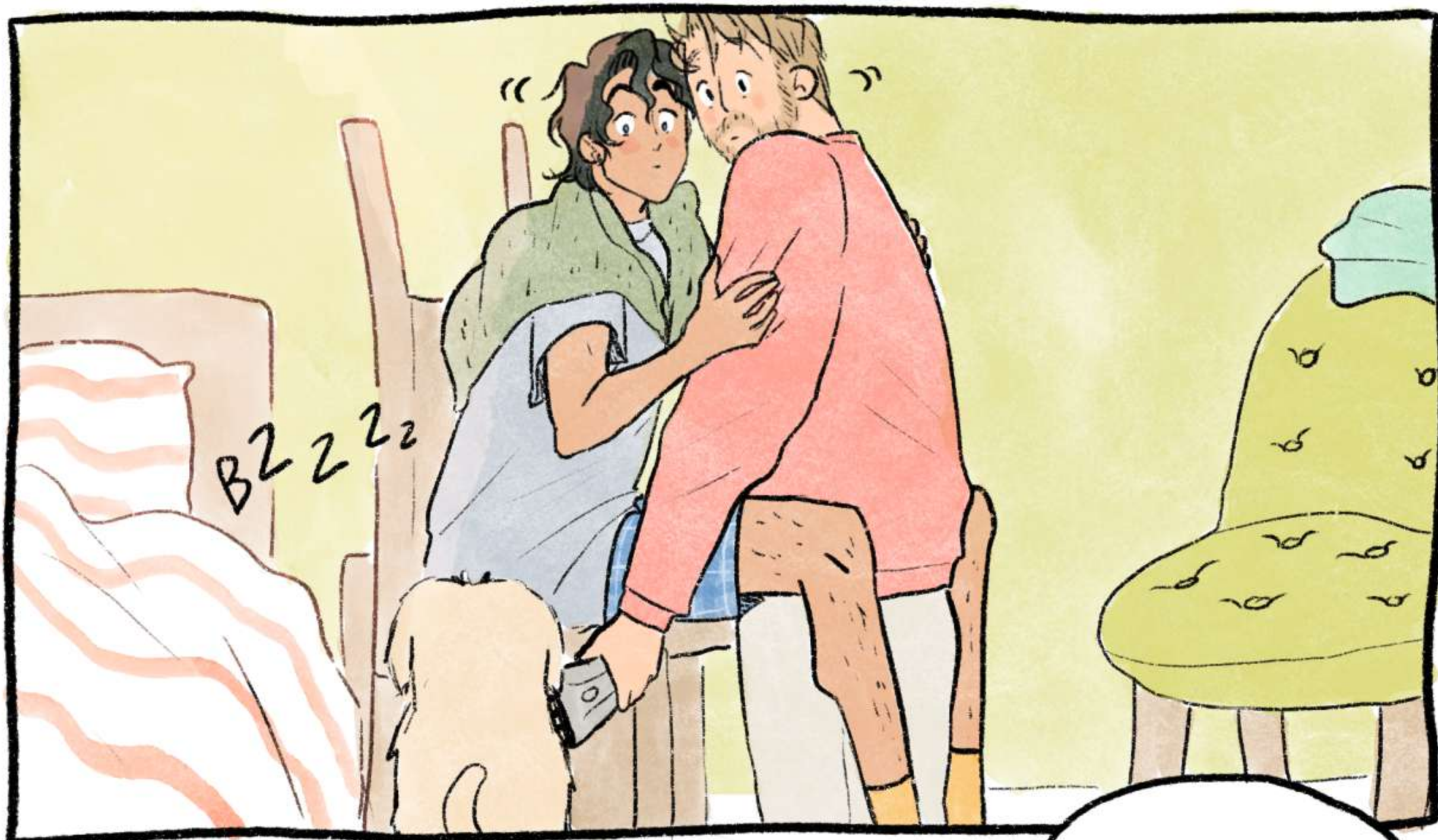




ZZZZZT.



Um-
was
that-
that
sounded
like-



BZZZZ

?

It was
an
accident-

Nick. You
have shaved
our puppy.



Look who finally gave in and let me cut his hair



Omg that actually looks good

We did have one casualty though



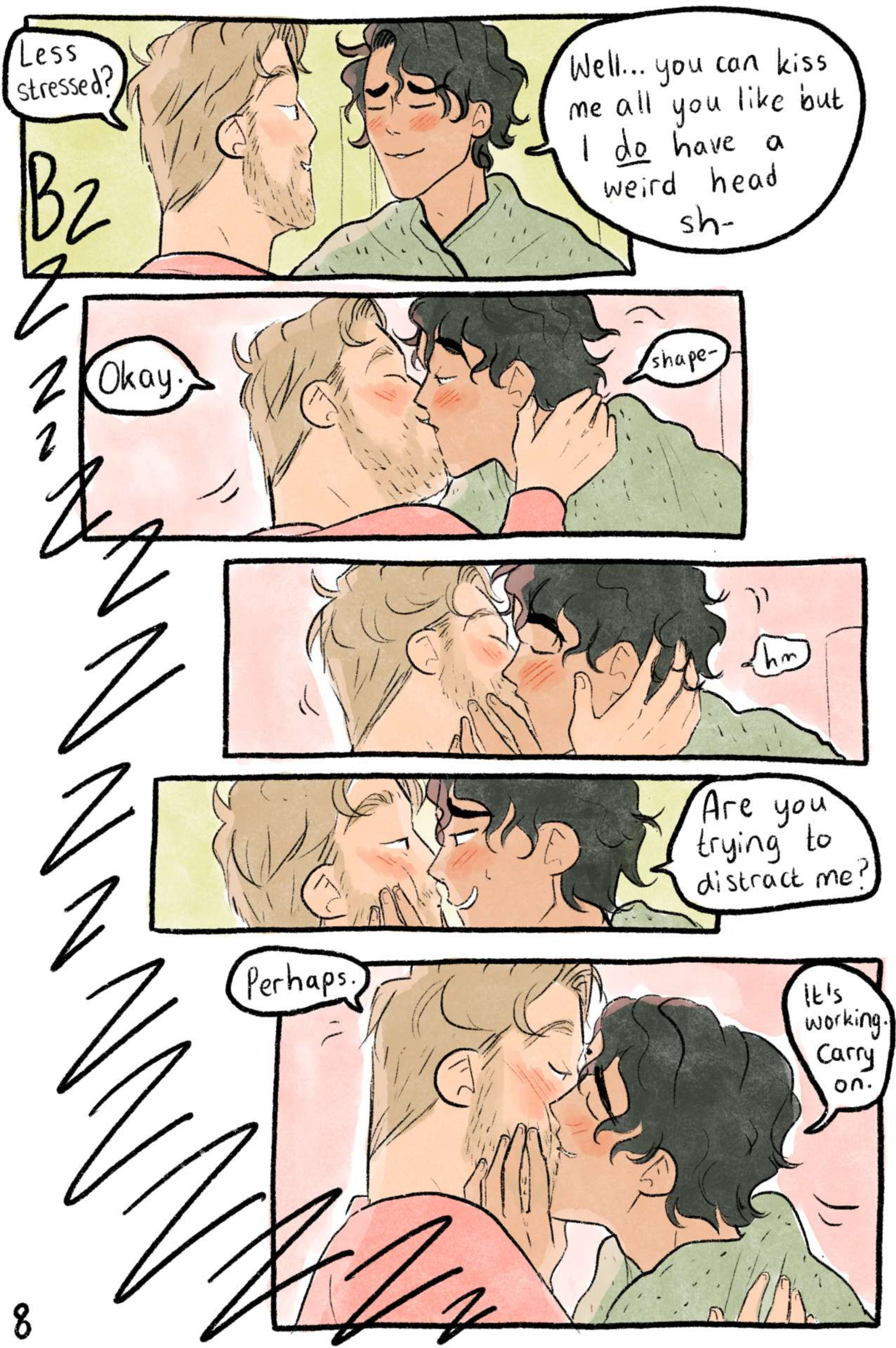
LMAOOOOO

oh my GOD

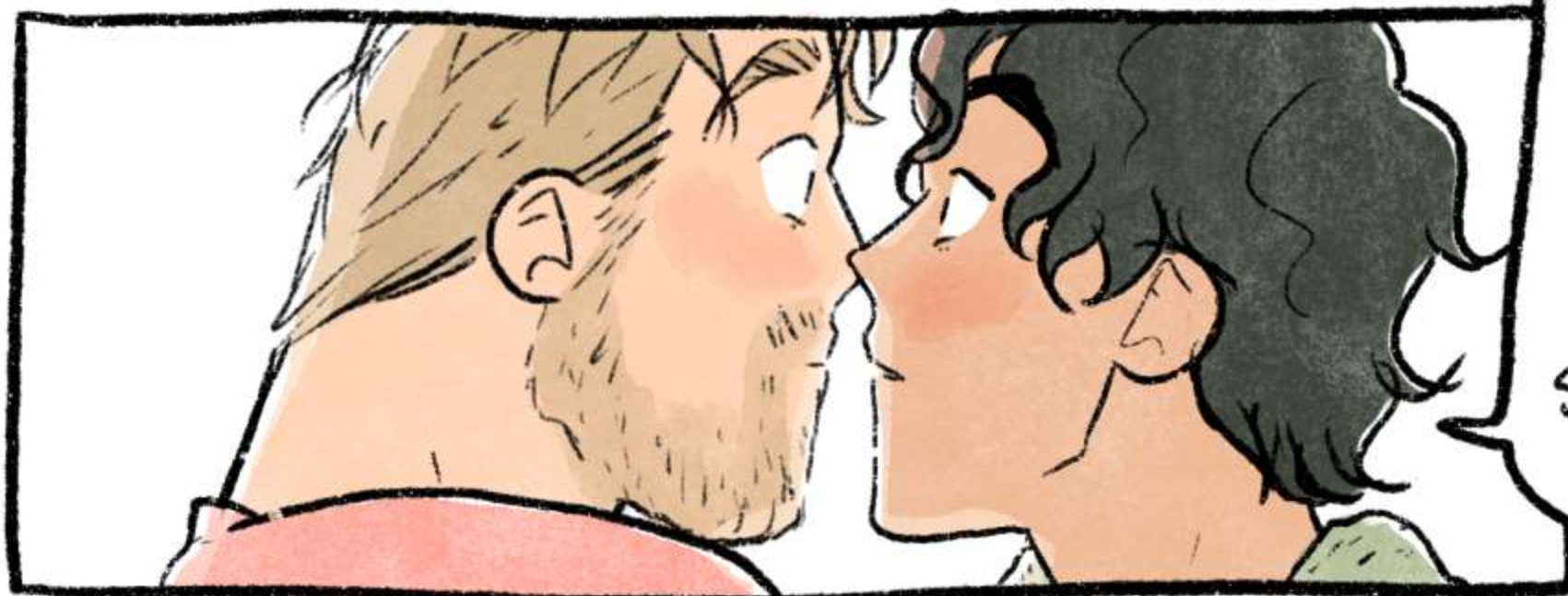
Nick's new career - dog stylist?

I have confiscated the razor

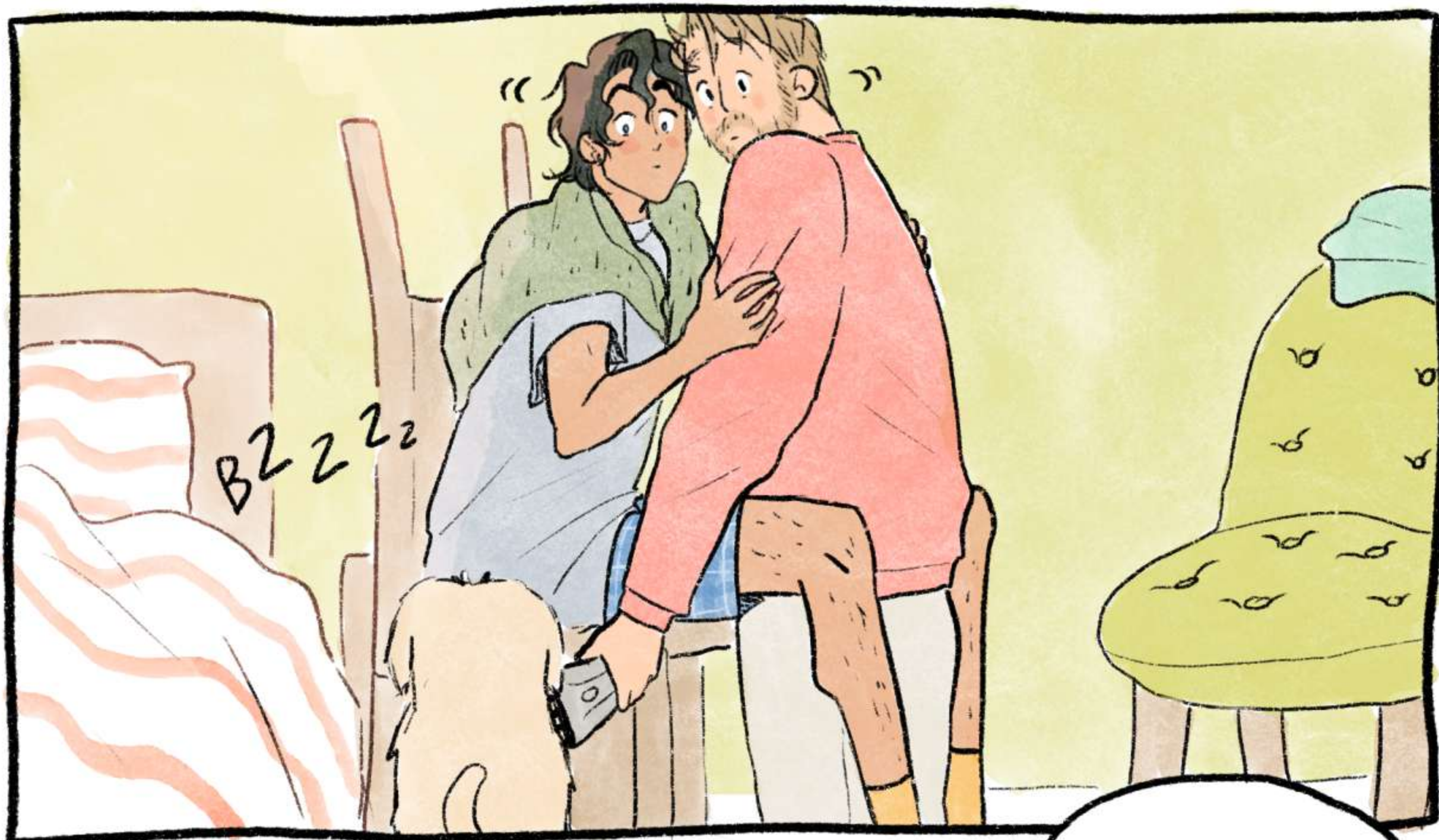
The end



ZZZZZT.



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LMAOOOOO

oh my GOD

Nick's new career - dog stylist?

I have confiscated the razor

The end

A person with curly hair, wearing a light-colored sweater and dark pants, is sitting on a wooden bench with ornate green metal armrests. They are holding an open book and looking down at it. The background shows a park-like setting with trees and a body of water.

*It was the perfect situation
if I planned it right. I knew I
couldn't depend on Nick...*

A close-up of a brown and white dog with floppy ears, looking up towards the right. It has a red collar.

*I knew what he'd do. He'd
settle on the grass, read his
book and that'd be it.*

A close-up of a man with light brown hair, wearing a brown jacket over a brown turtleneck. He is holding a dark book or folder with both hands and looking slightly to the left with a thoughtful expression.A man in a brown suit is walking a brown and white dog on a leash. The dog is standing on a path. In the background, a person with curly hair is sitting on a bench, reading a book. The scene is set in a park with trees and a path.

*No, it was all
up to me.*



I had no plan, really.

Just anything to
attract attention...



Nellie!

Nellie, you
silly old
thing, come
here!



For a while, it seemed to work! At least they had seen one another.

But for some strange reason...

...he left!

Come on, Nellie, you silly girl. We're going home!

But I was not giving up!

I was determined that somehow, they just had to meet!



Oh no, wait-





Oh I am so sorry, I don't know what came over her, I-

Here, let me help you-



Oh n-no, my- sweater, my book-

Please, just-



Here, use this-



heh...

hah—

hahaha =

heh... =

haha
hahaha

hahaha

haha =

the end
♡

WOAH! WHAT
GOOD WEATHER!

WHERE ARE
YOU OFF TO
CHARLIE?

I'M GOING
TO CHECK OUT THE
ROCK POOLS!

I'LL CATCH UP
TO YOU IN A BIT!

ALRIGHT,
CYA LATER
MATE!

HUH?

SOMEONE'S
SINGING...

HEAR ME CALLIN' DUH V

DUHH

YOU KNOW THAT I'M FALLIN' AND I DON'T KNOW

HEARTSTOPPER

MINI COMIC

Seaside Serenade

ART AND STORY BY
SHAZLEEN KHAN





I'M
SORRY...



I DIDN'T
MEAN TO SCARE
YOU OFF.

SOMETHING'S
HAPPENING



ING TO ME...

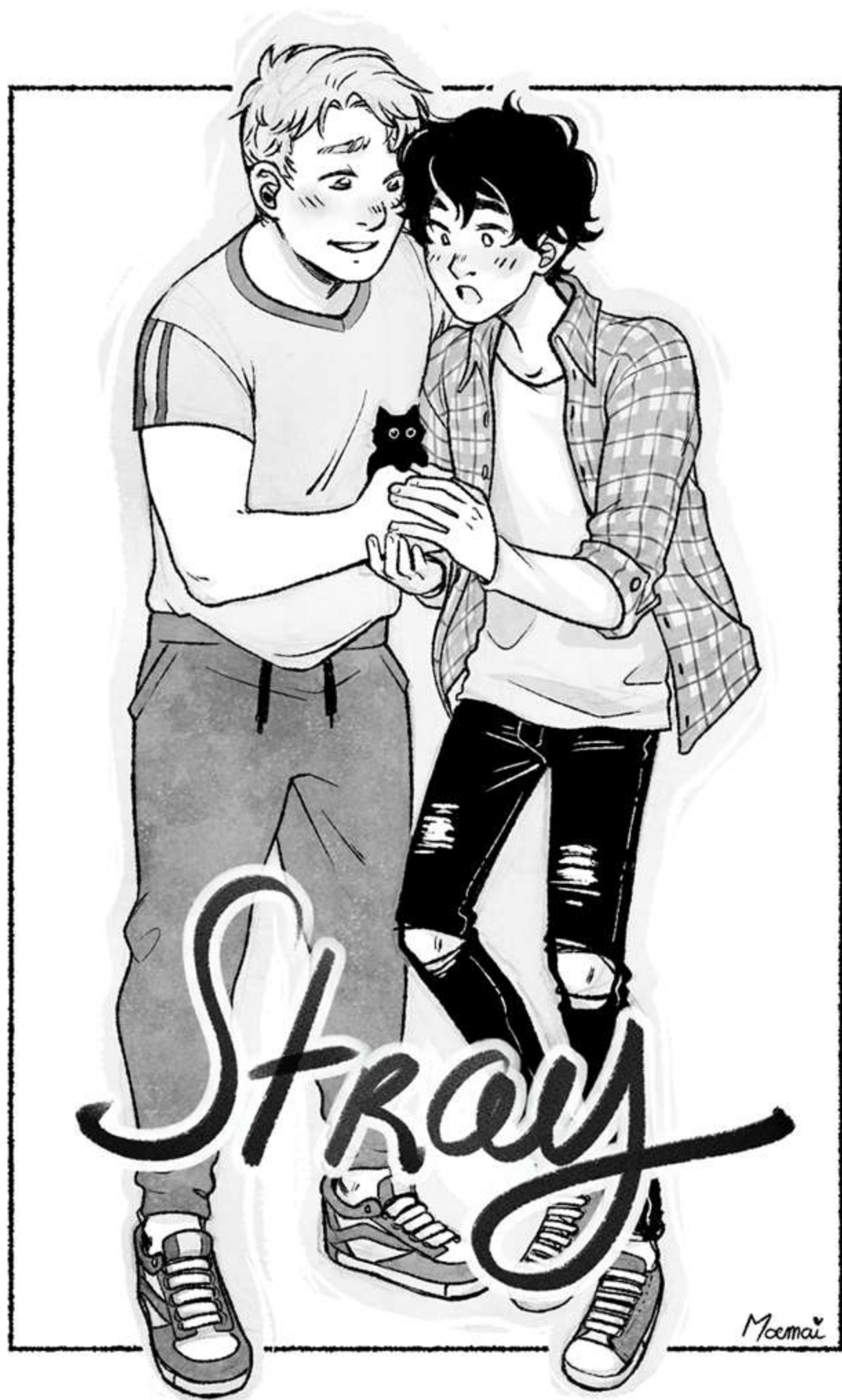


OH!



YOU CAME
BACK!







IT WAS
SO
GOOD !!

Cap was
so badass !

I'm glad
you had fun
But ...
the ending
though ?

How
can you
say that !

It's ok
Nick ...

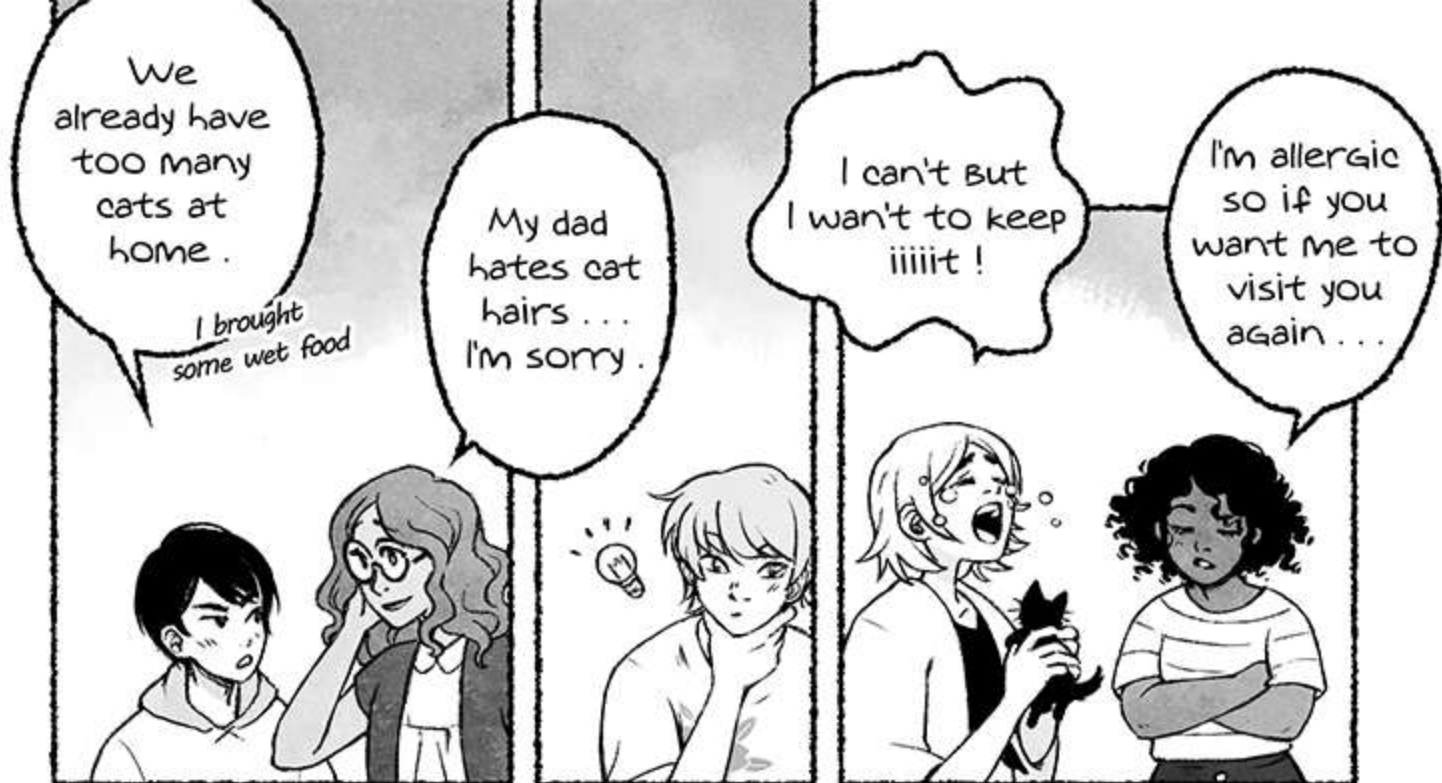
Miii

What's
that
noise ?

Miii







It's alright...
We'll bring
it to a vet,
maybe they'll
be able to
help.

Nick
...

It's just...
It's so sad
and unfair!
I want to
help!

You're
helping...
He's
not alone
anymore.

We've got it.

I've got you!

Guys,
I think
I know who
could adopt
him!

So ...
what do
you think?
A formal
date ...

Just
the two
of us .

Maybe
we ...

TEACH
!!

We found
a lost
kitten please
adopt him
!!

Me!



It was the perfect situation
if I planned it right. I knew I
couldn't depend on Nick...



I knew what he'd do. He'd
settle on the grass, read his
book and that'd be it.



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Please, just-



Here, use this-



heh...

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hahaha =

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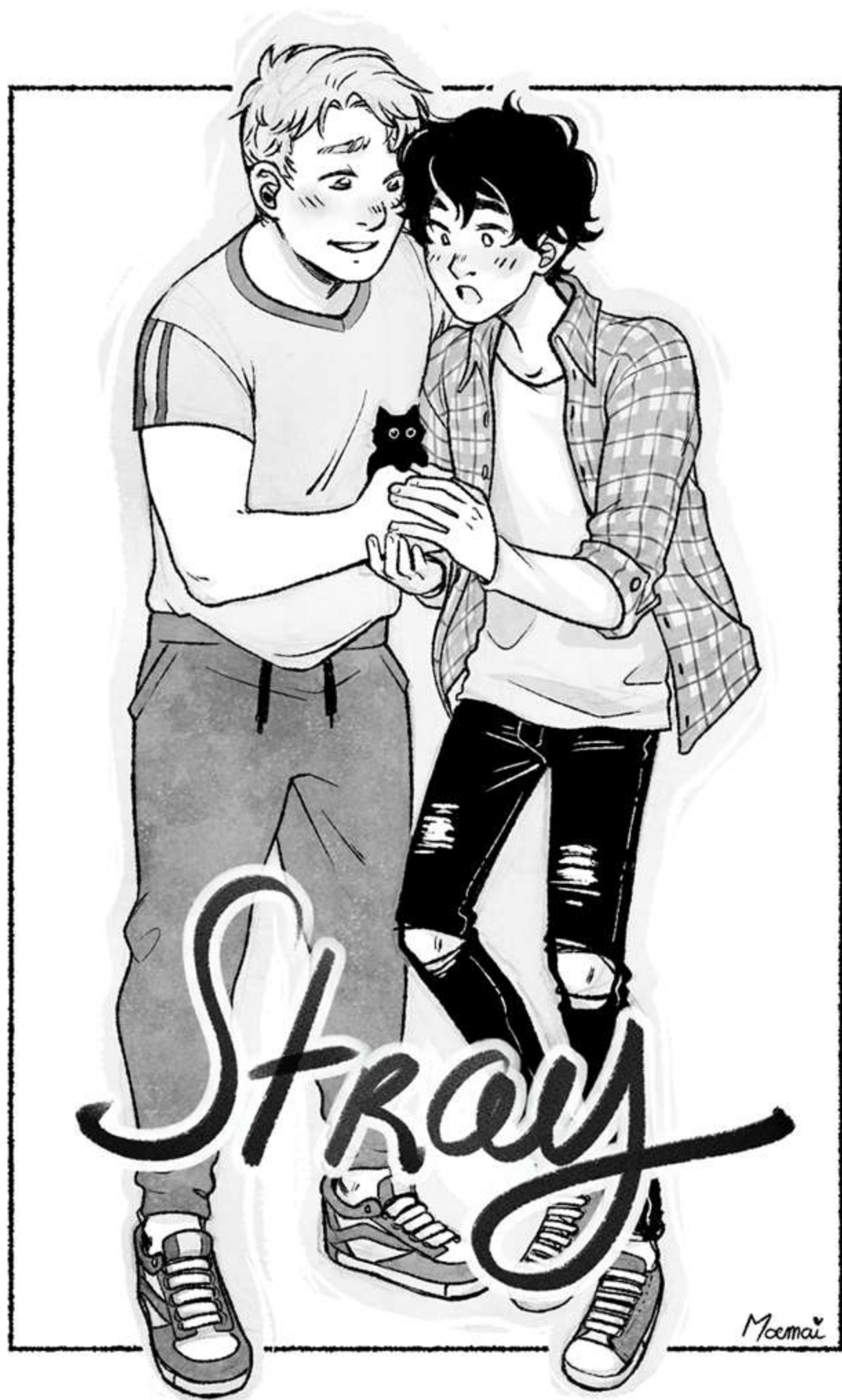


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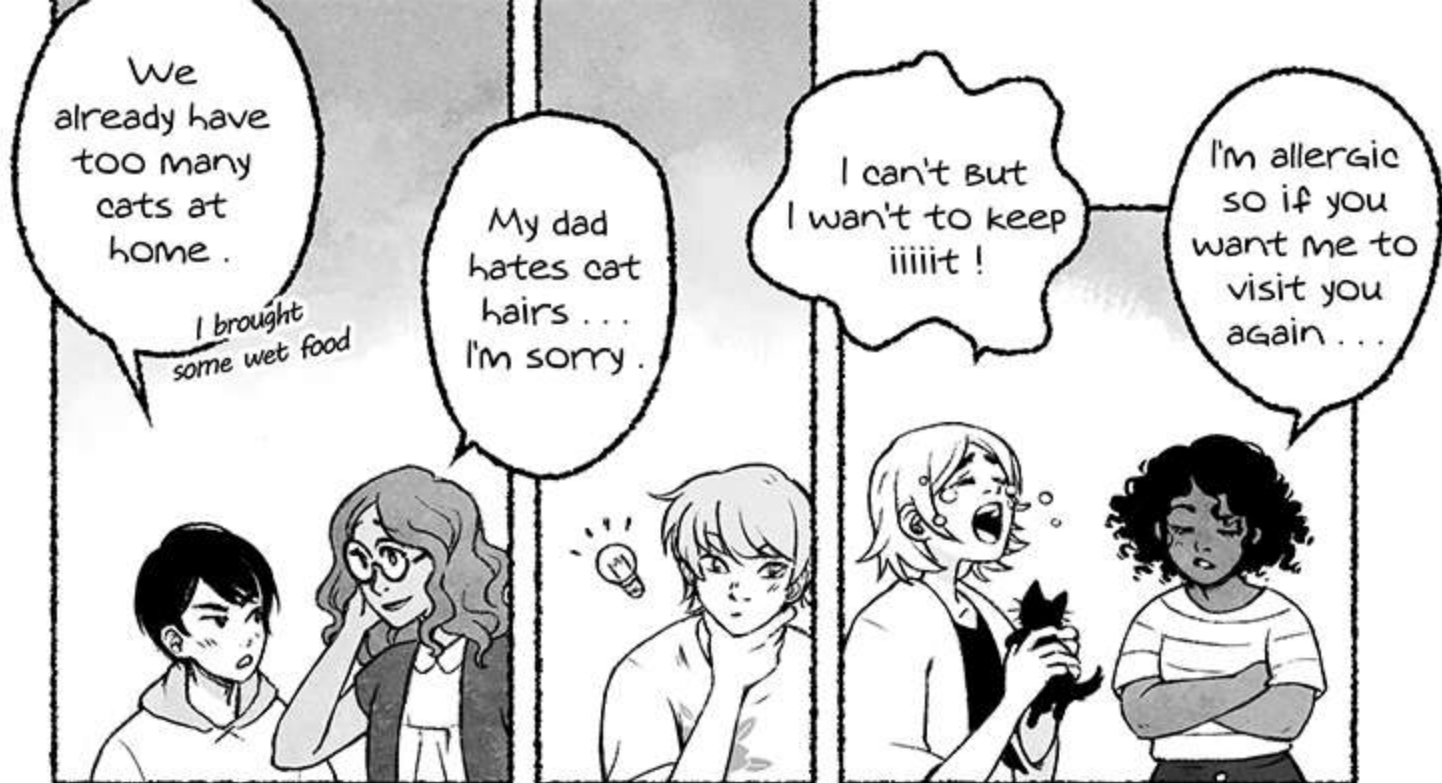
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what do
you think?
A formal
date ...

Just
the two
of us .

Maybe
we ...

TEACH
!!

We found
a lost
kitten please
adopt him
!!

Me!

My my,
he's very
affectionate
this one!
It tickles!



It's a big
decision
to take.
I don't
know if -



You
are not
keeping
him.



I am.
I will adopt
him.



Yeah!!

We did
it!

See?
I told you!





Happy Halloween!

How excited is Olly for trick-or-treating? Haha

OMG you have no idea.
Did you figure out your costume?

trick or treat

A HEARTSTOPPER GUEST COMIC
BY LACEY



THIS
WON'T
DO.

A CRAYON?
WHAT AM I,
TEN?

UGH, NOOO.
DEFINITELY
NOT.



MUSIC

FLOP!

THIS IS WAY
HARDER THAN
IT SHOULD BE.



I'M A
PUMPKIN!

WHAT ARE
YOU?!

IS IT TIME
TO GO YET?!
WHEN IS NICK
COMING?

I'M GONNA
GET SO MUCH
CANDY!



OLLY! I CAN'T
DECIDE WHAT
TO WEAR!

HOW ABOUT
A WEREWOLF?
AM I SCARY?



EEEE-
HEEHEE!
NO!!!



HIYA,
GUYS!



