



## Survivor

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My artwork relates to healing. Overcoming the effects that borderline personality has on you, both physically and mentally, can be one of the biggest trials of your life. After a suicide attempt, my healing process was raw and difficult, and I want to represent that in my art. I use art as a therapeutic coping mechanism, and I feel like it has helped me in my journey to recovery. I want to be able to show others that art can be messy and emotional, yet that doesn't make it bad. Just like how a person who is messy and emotional is not bad. This is a message of hope.