Hope Virgo is an author and multi award winning campaigner for people with eating disorders. Through her talks, Hope helps young people and employers (including schools, hospitals and businesses) deal with the rising tide of mental health issues. Hope is also a recognised media spokesperson, having appeared on various platforms including BBC Newsnight, Good Morning Britain, Sky News, BBC Breakfast and BBC News. She has published two books including best-seller Stand Tall Little Girl, documenting her eating disorder journey. Hope's third book; "You are Free" is out in May 2022 which tackles issues around mental health and faith. In 2018, Hope launched #DumpTheScales which called on the government to stop using BMI as the primary measure to determine whether someone with an eating disorder would qualify for NHS support. Her petition generated over 116,000 signatures and was delivered to Number 10 Downing Street.