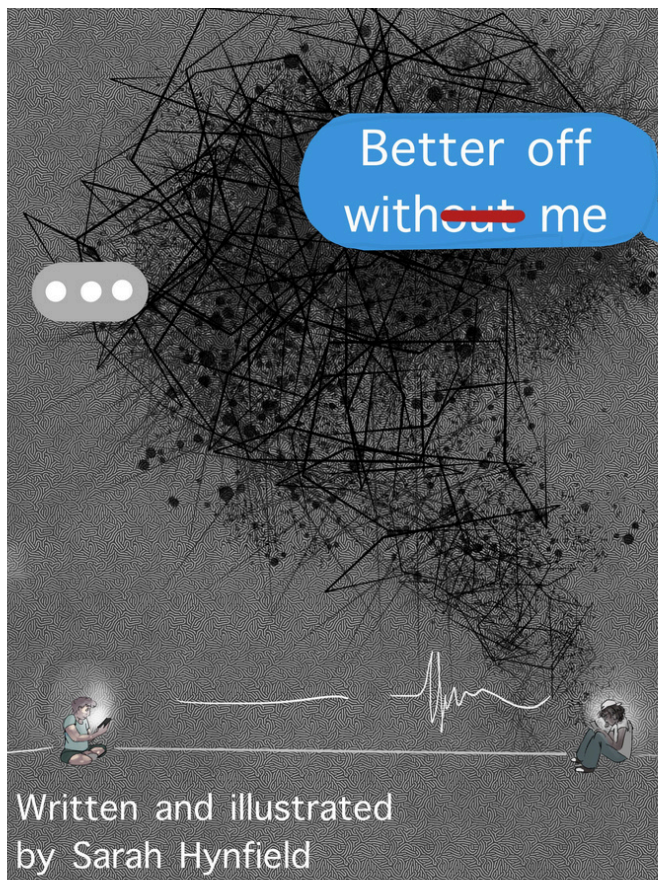


MOOGIE IS ANXIOUS

Written & Illustrated
by Andrew Au

[Click to Begin Reading](#)



BETTER OFF WITH ME

Written & Illustrated
by Sarah Hynfield

[Click to Begin Reading](#)

MOOGIE



is

ANXIOUS

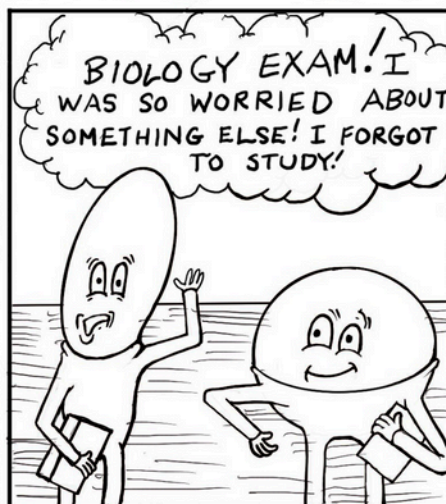
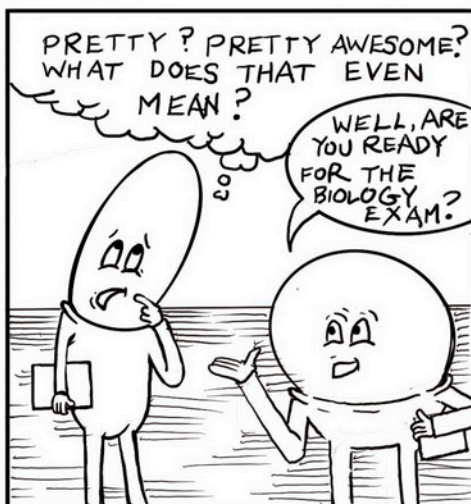
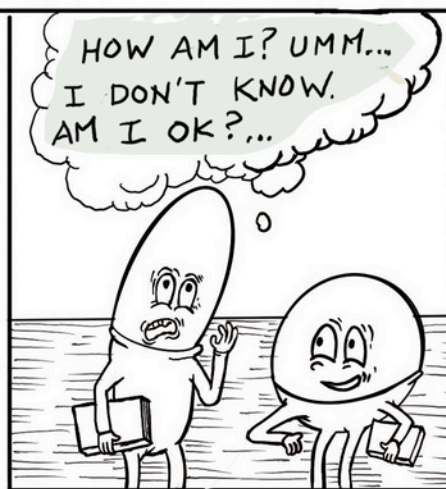
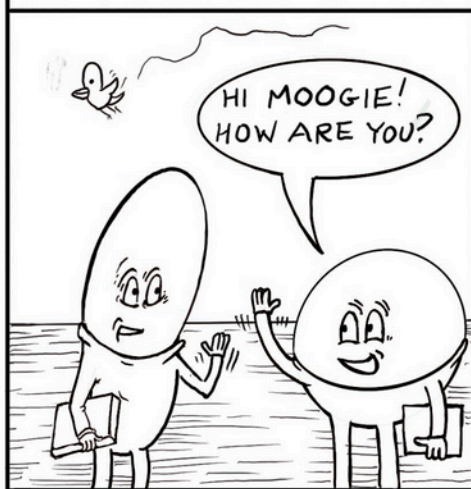
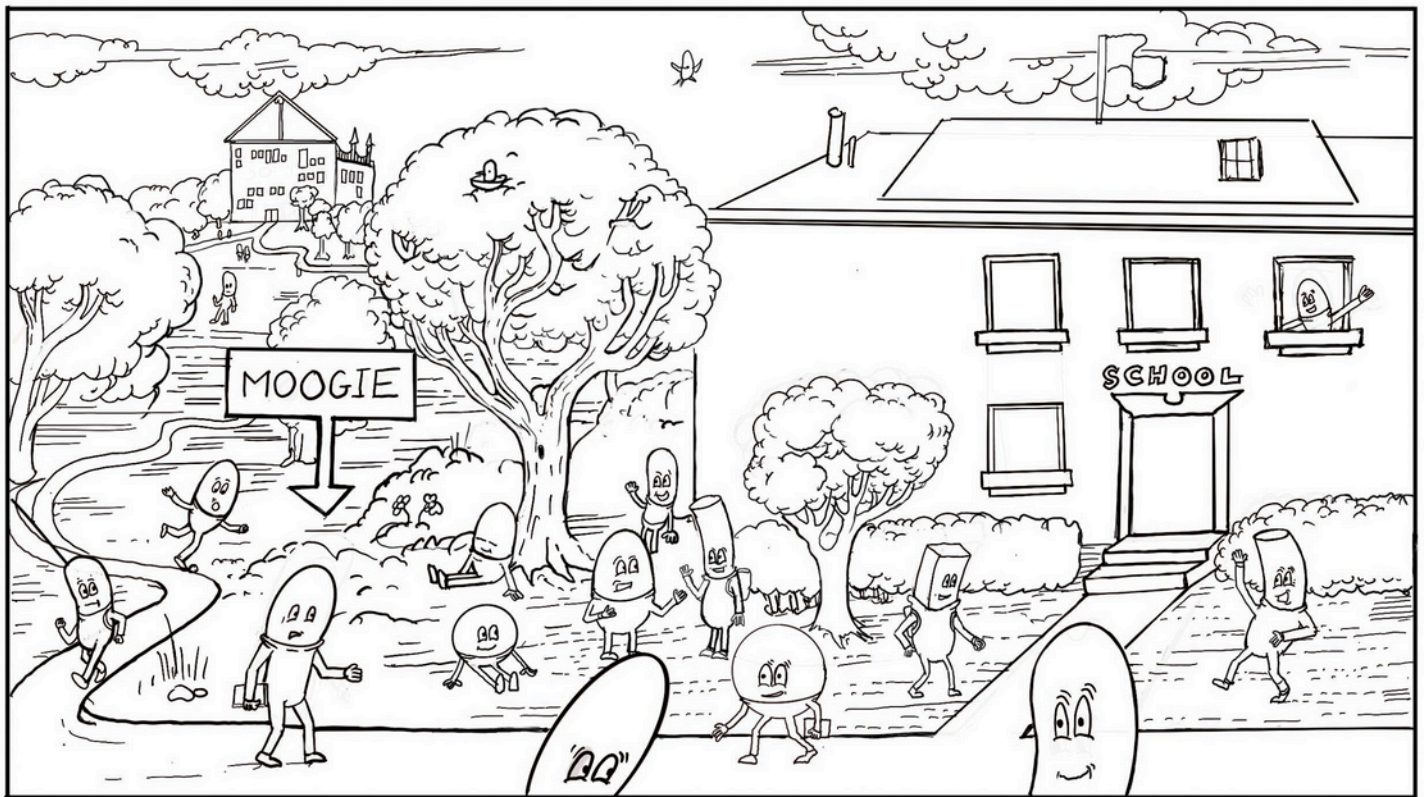
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ILLUSTRATED
by ANDREW AU

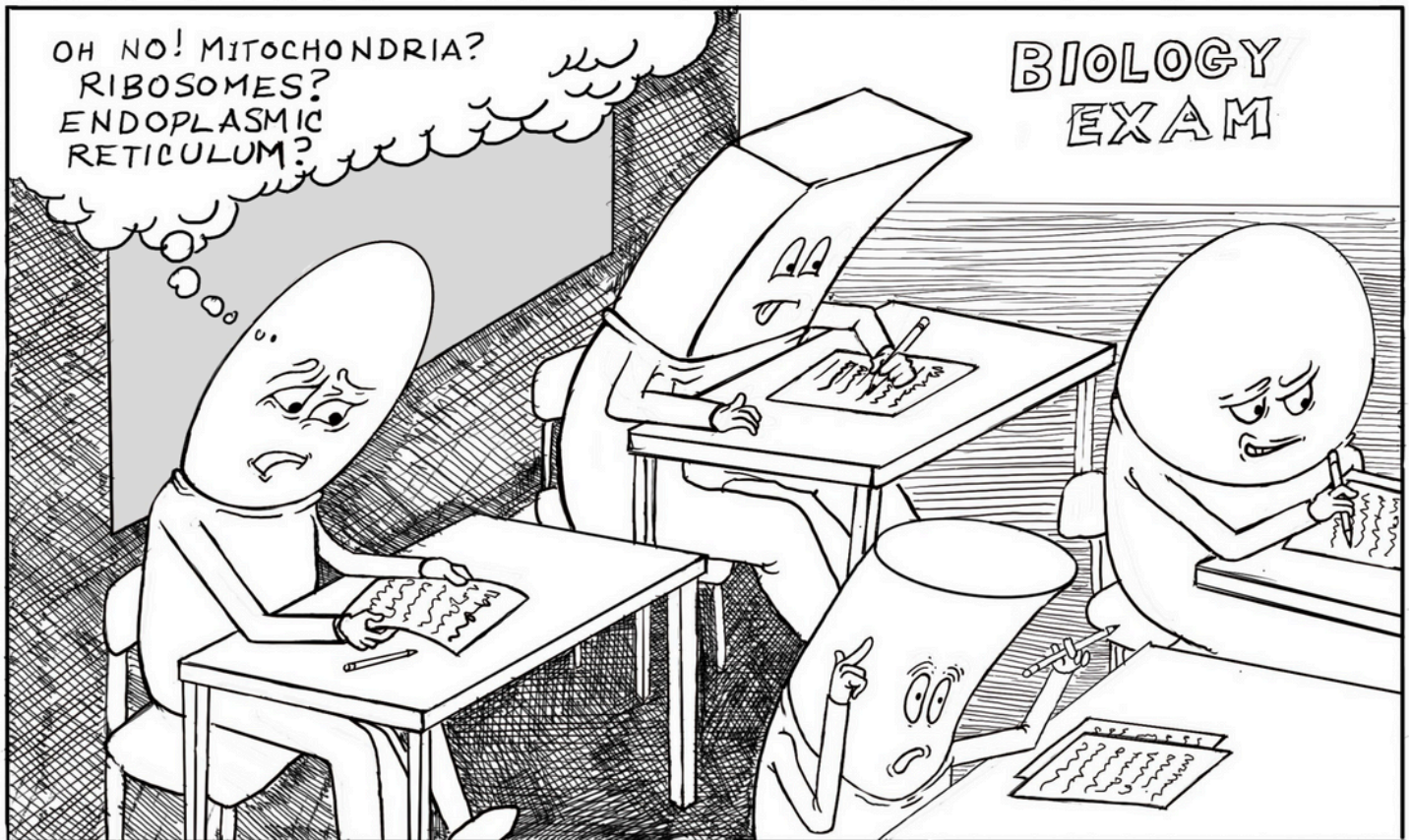
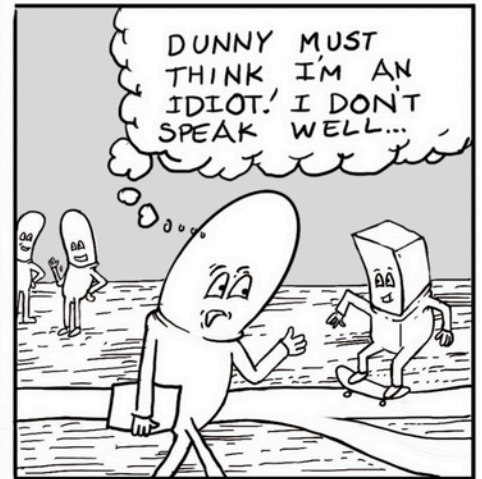
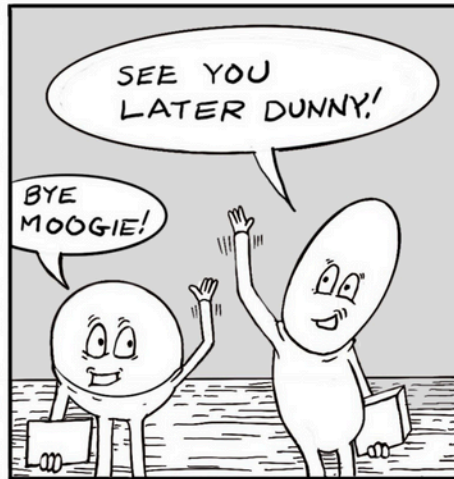
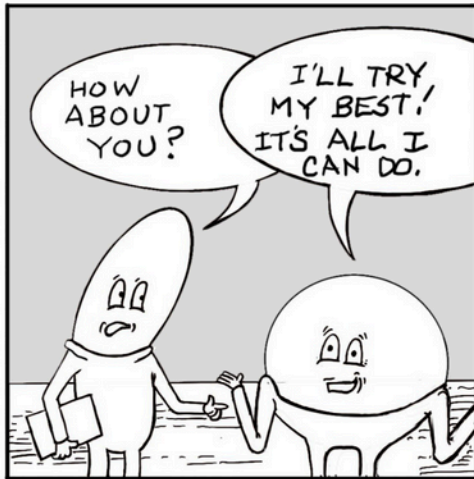
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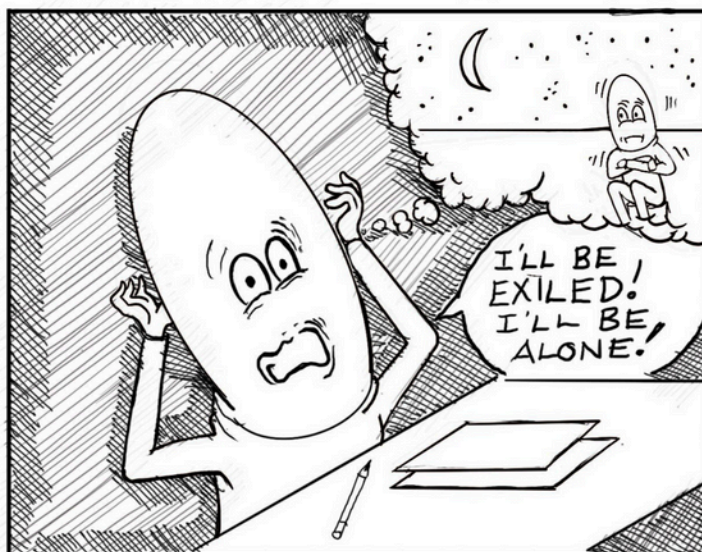
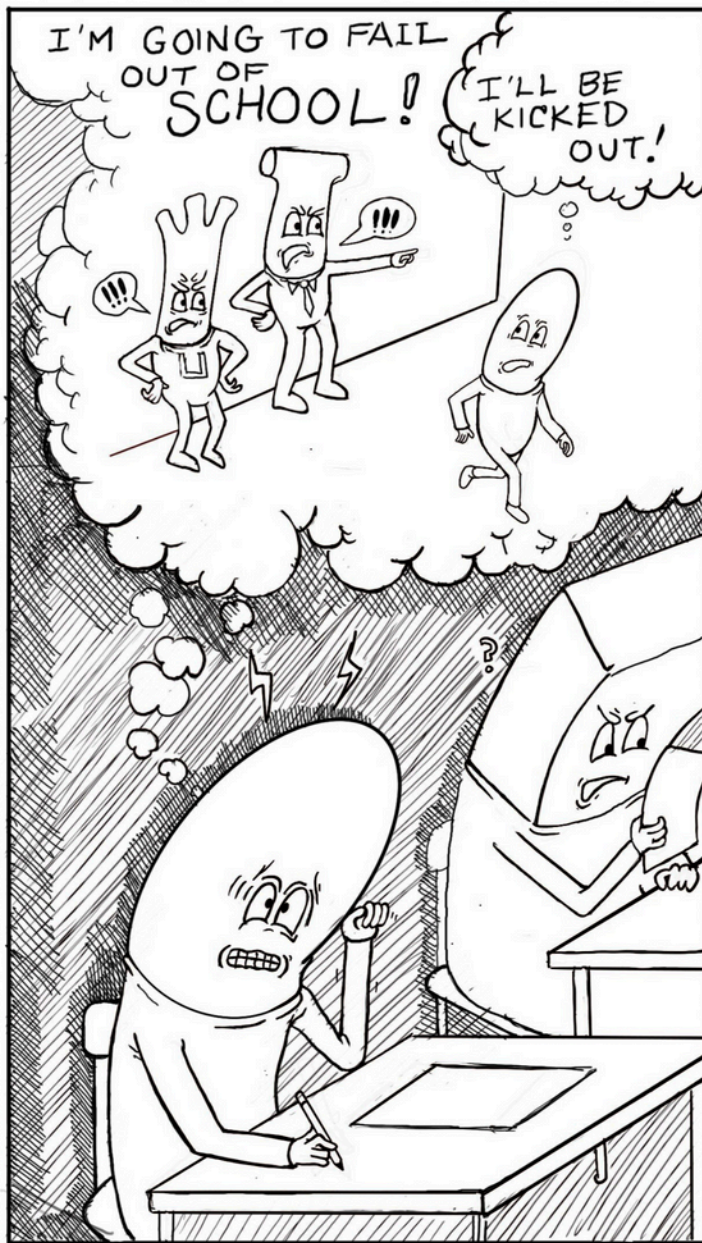
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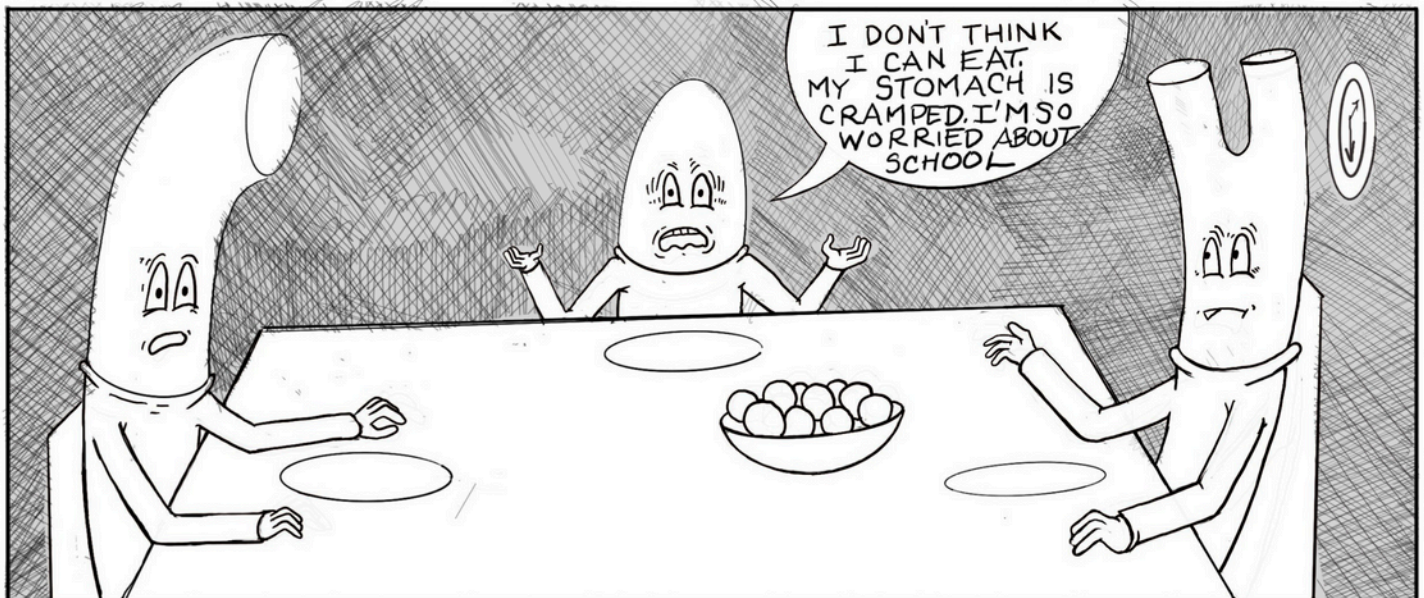
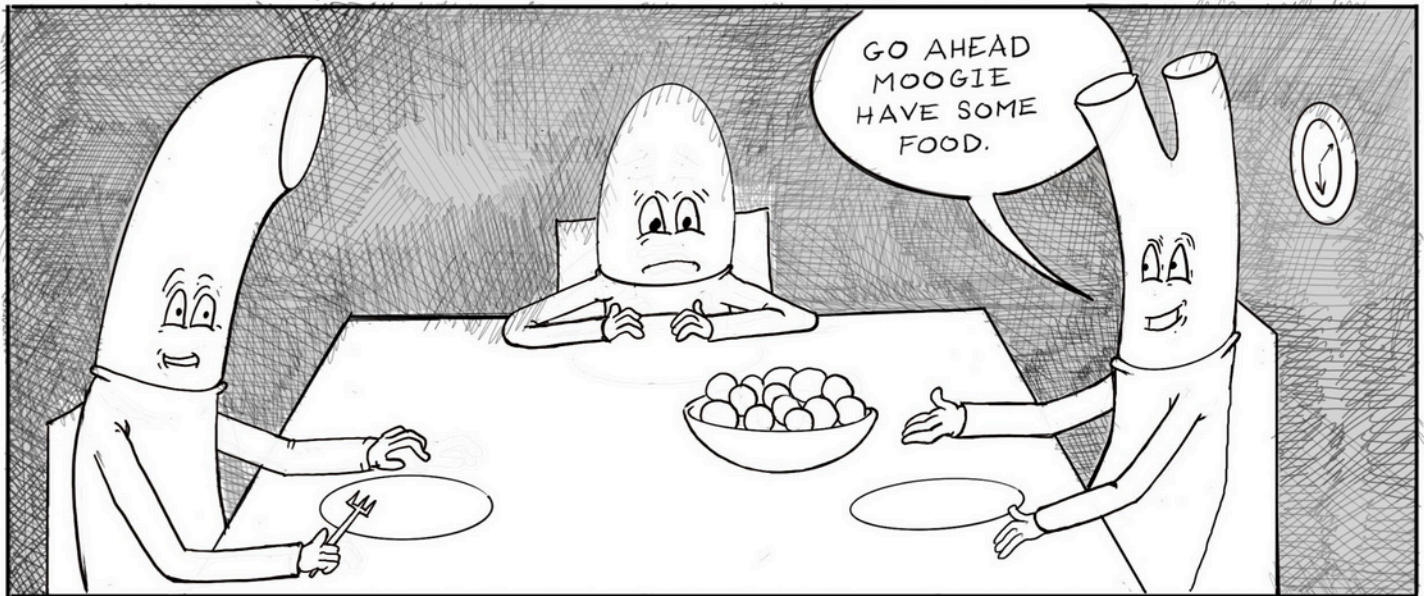
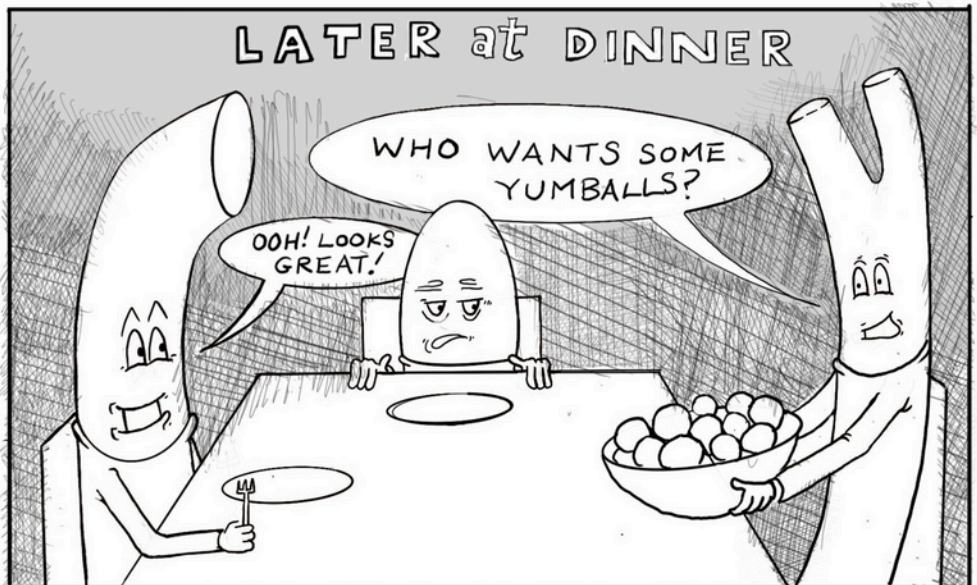
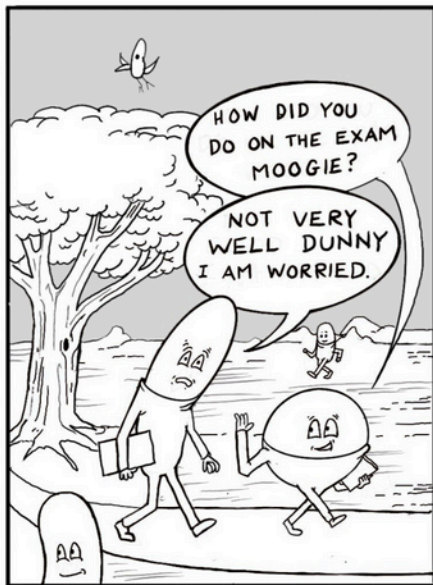
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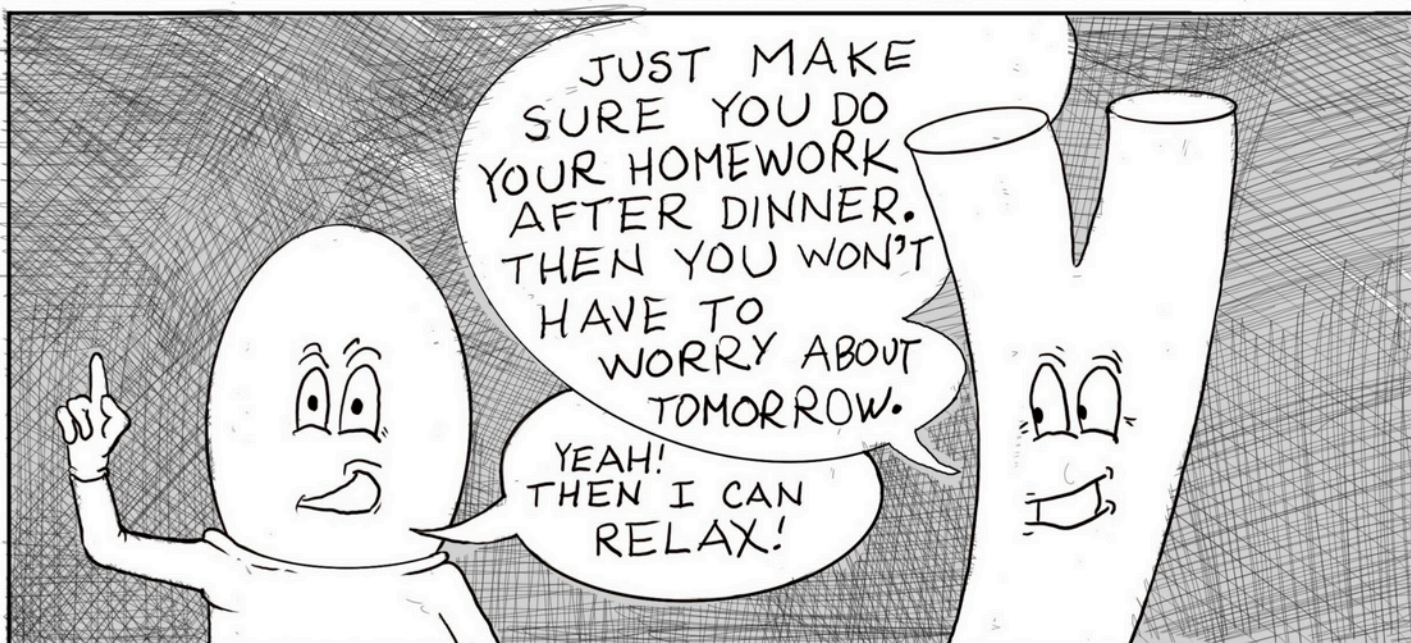
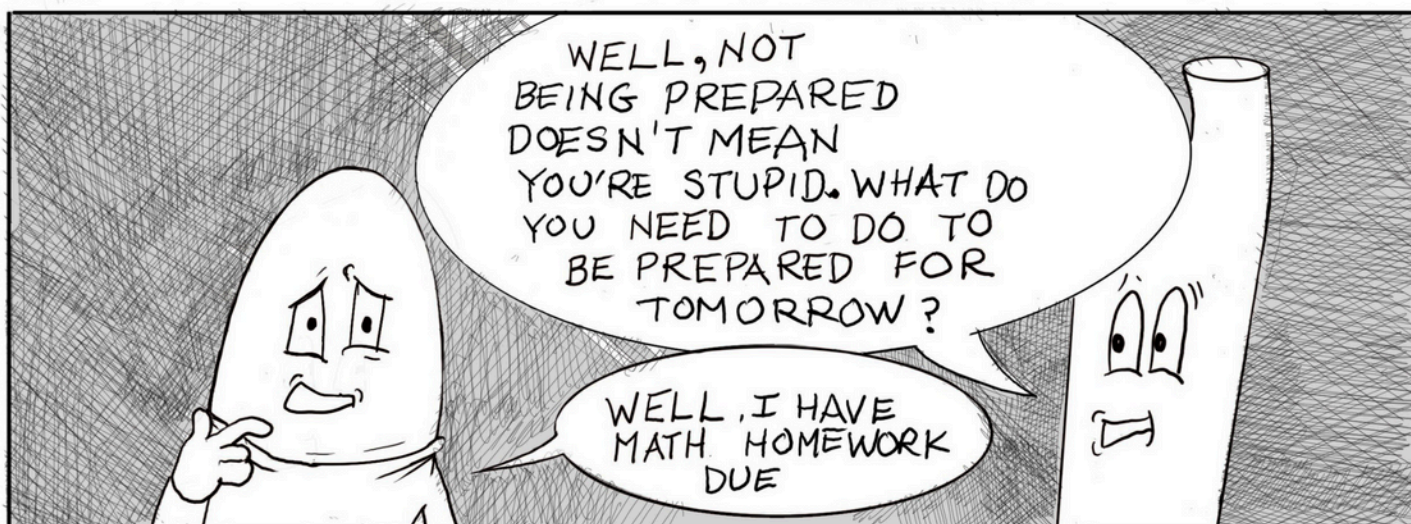
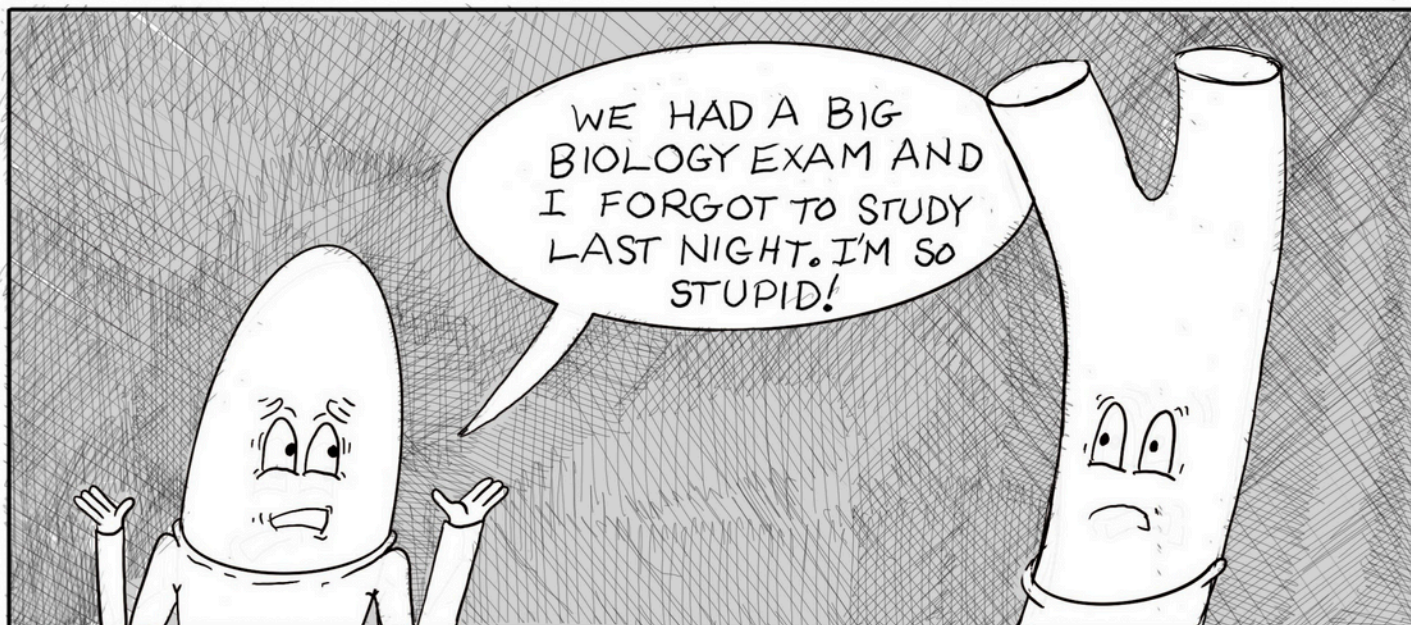
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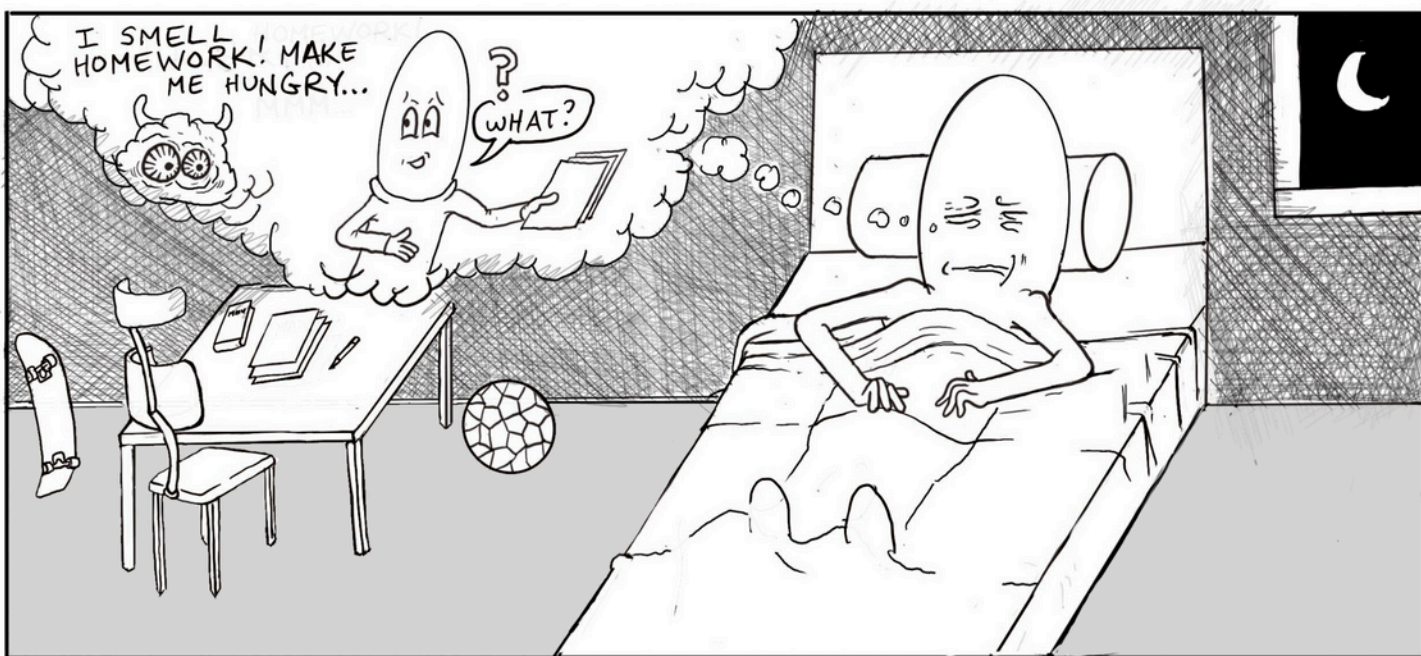
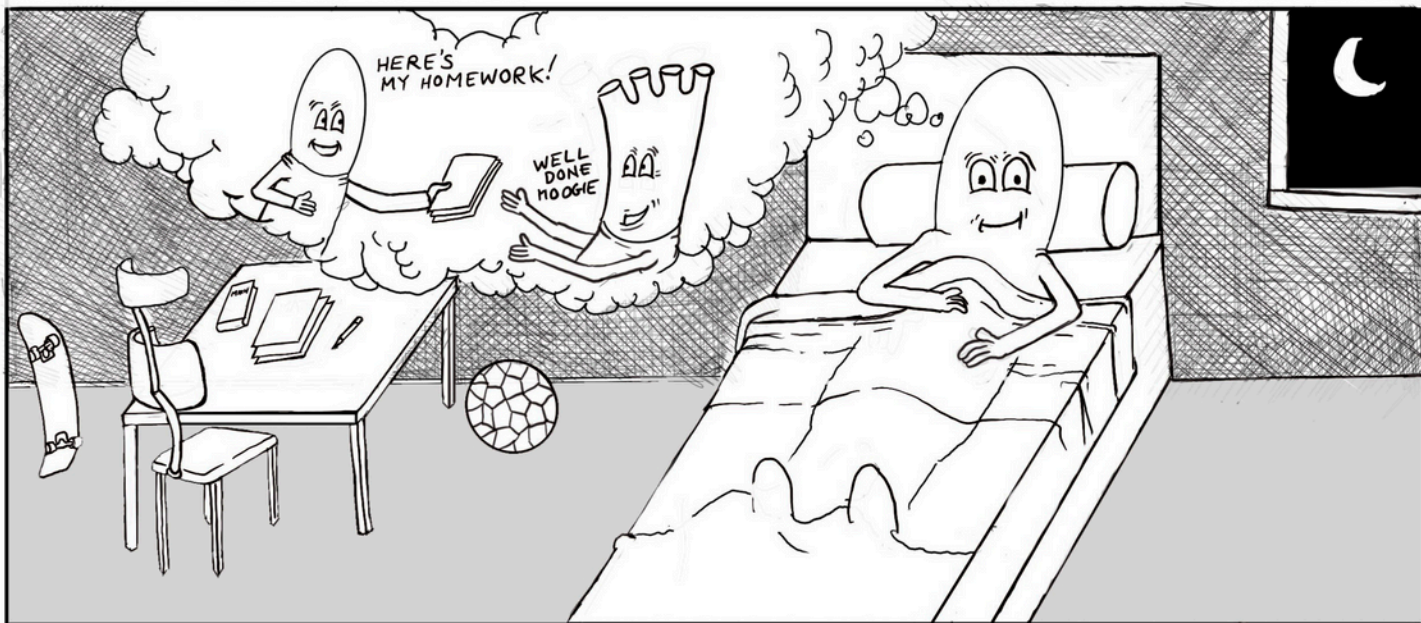
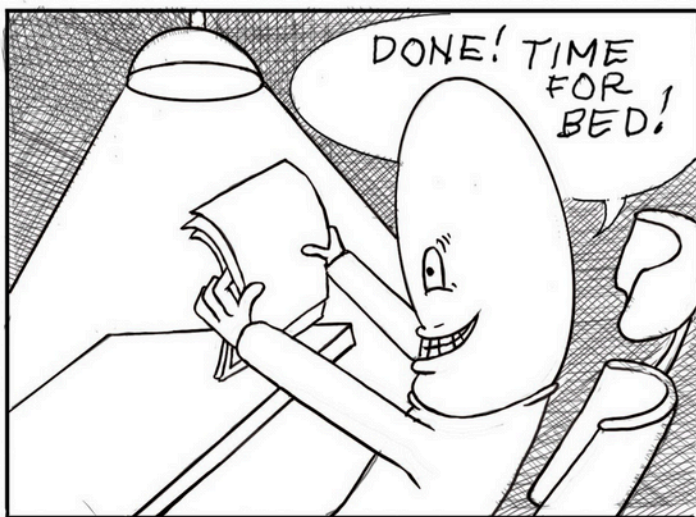
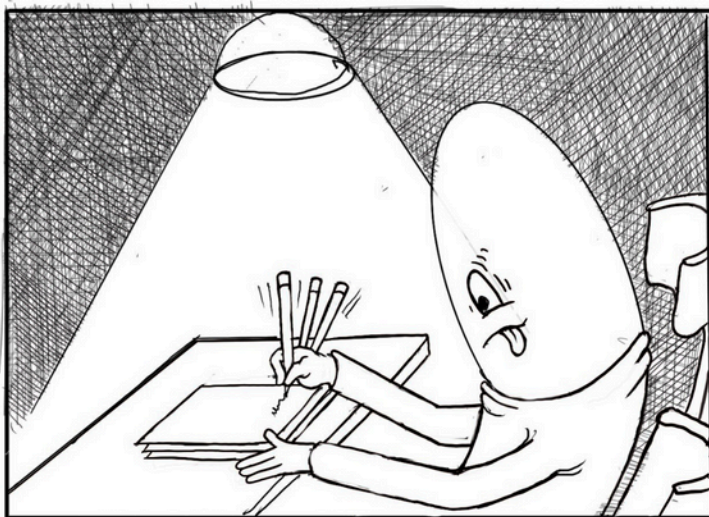


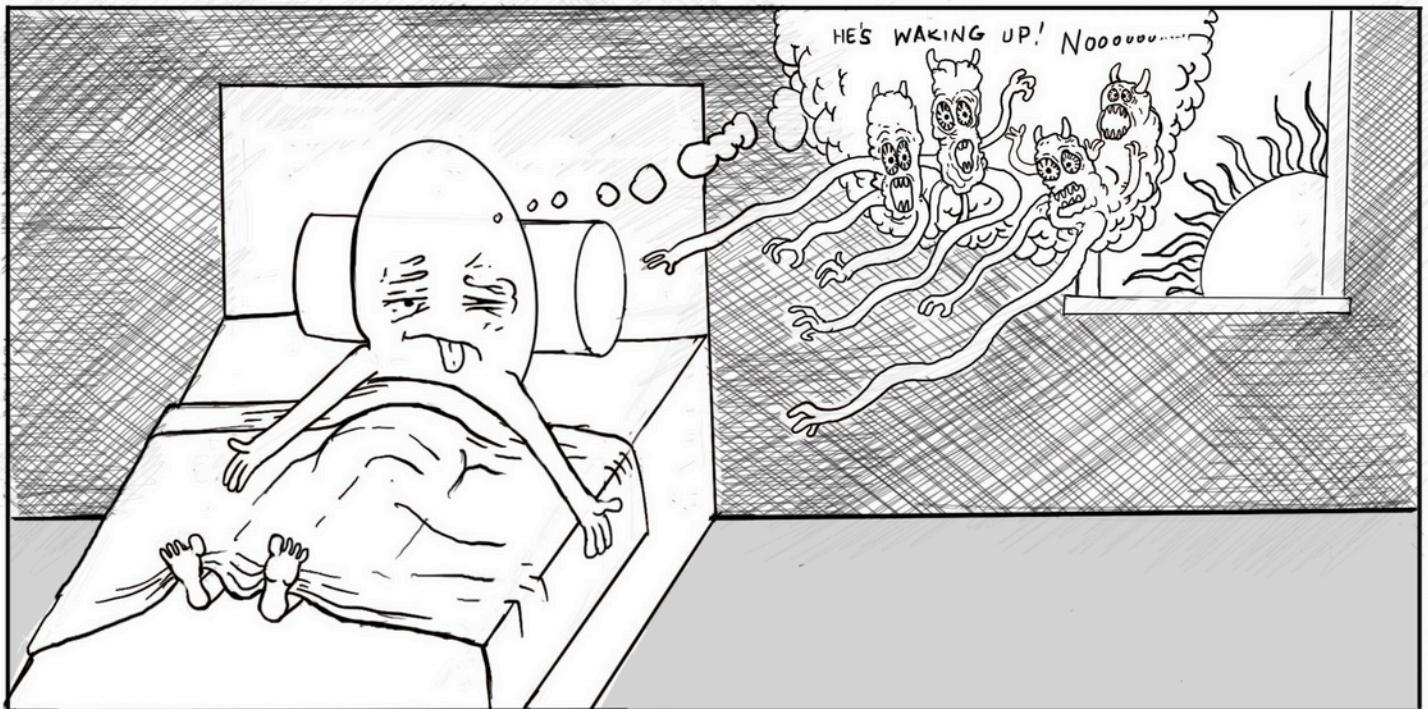
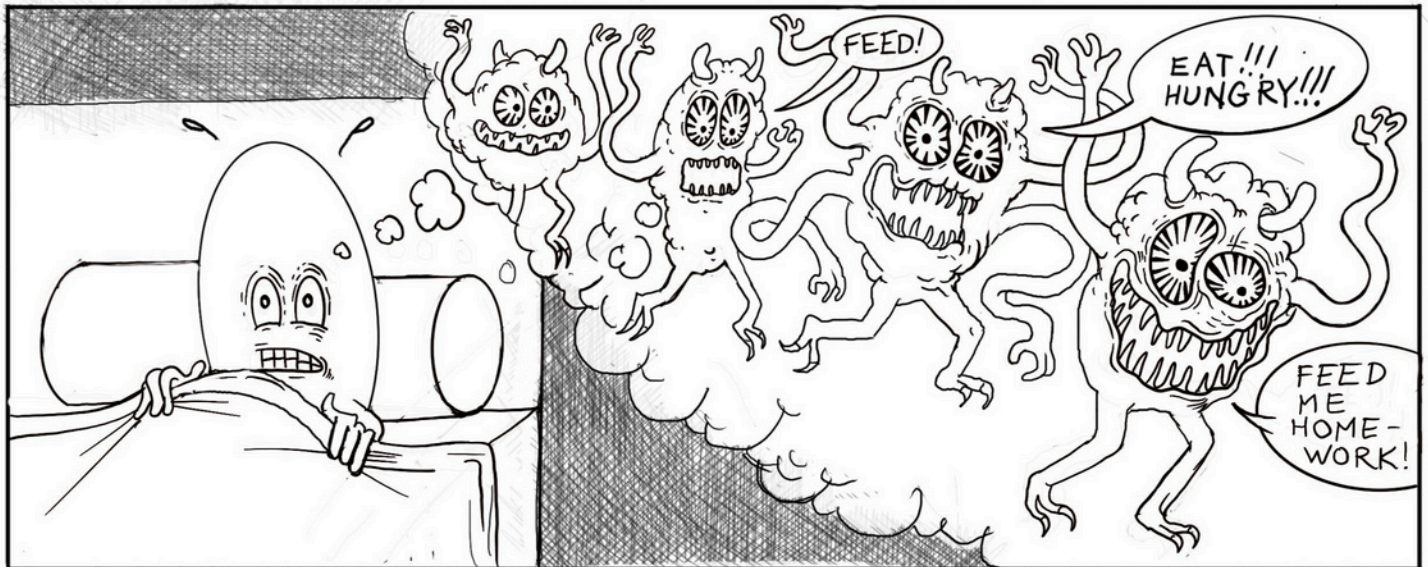
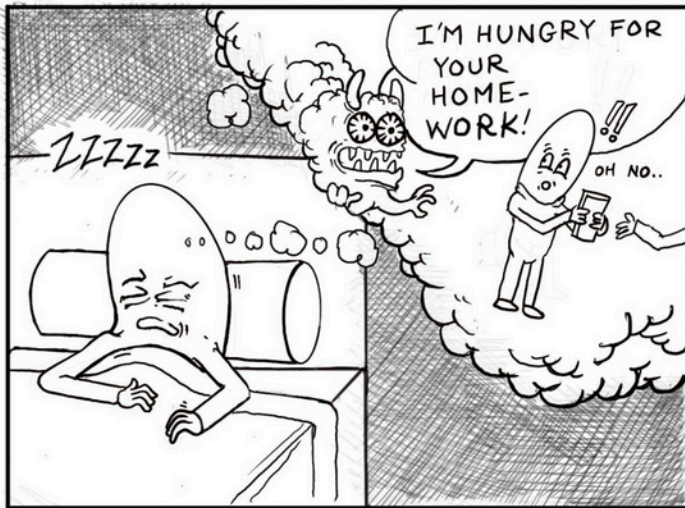


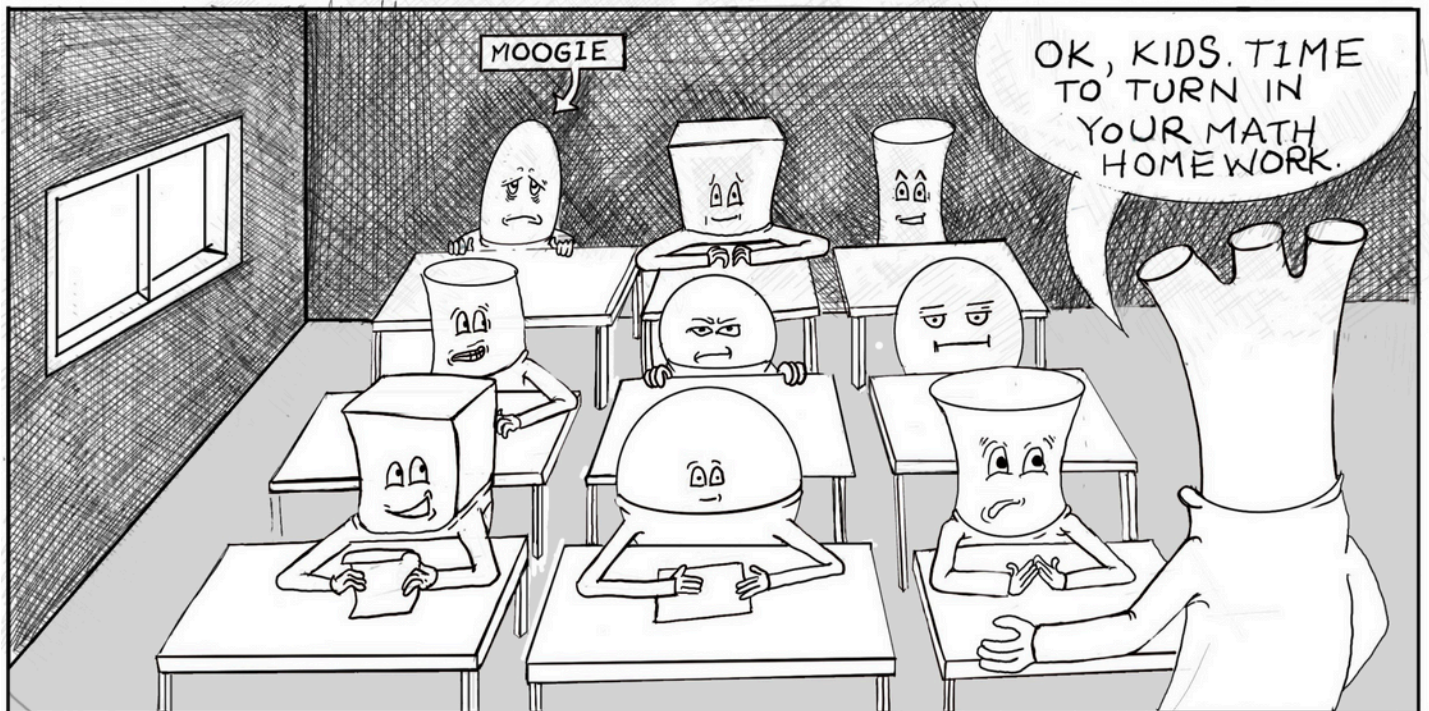
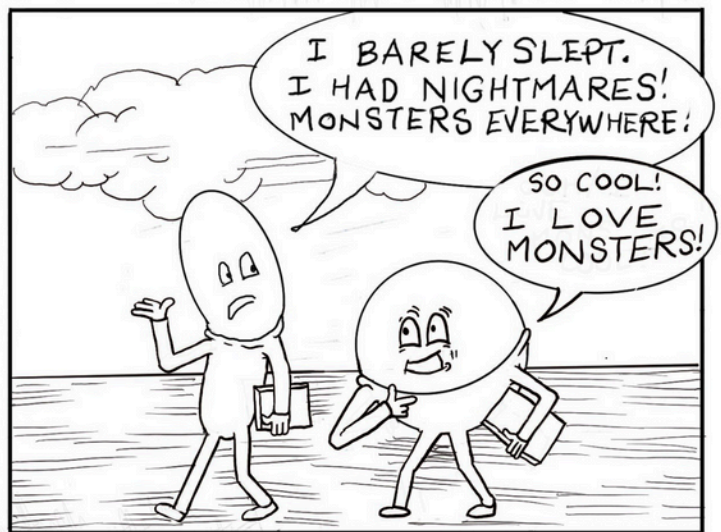
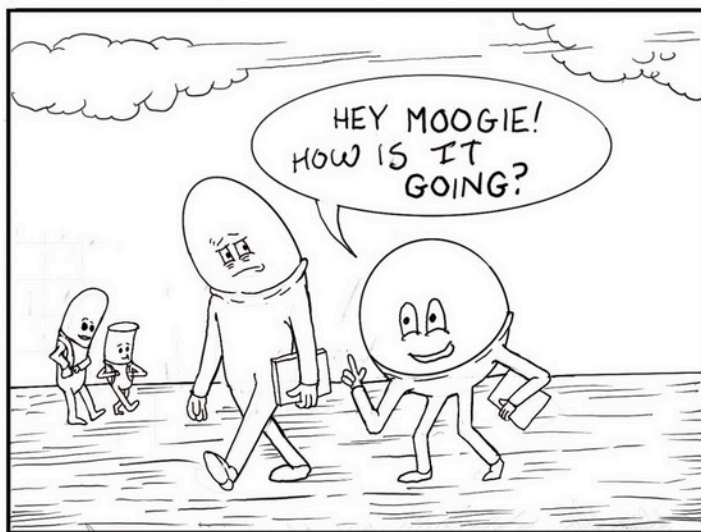


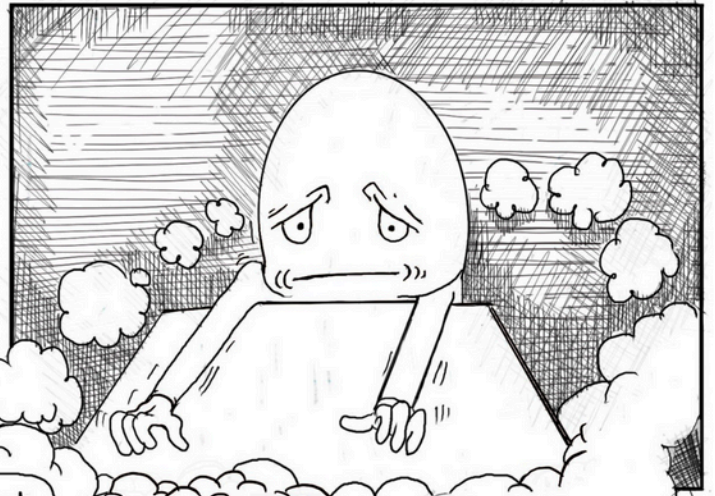
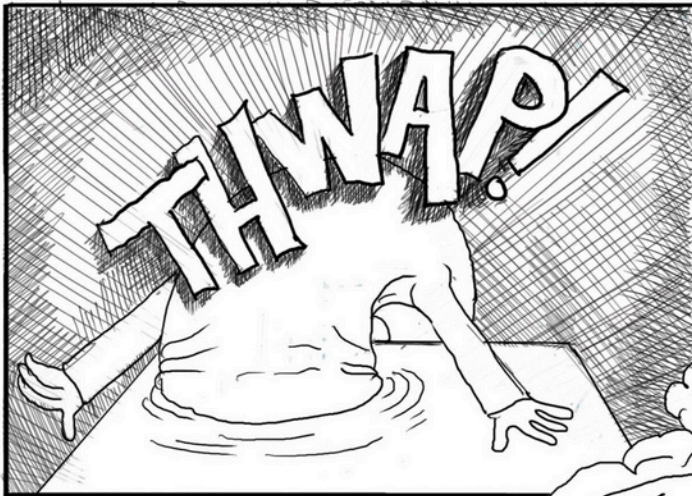


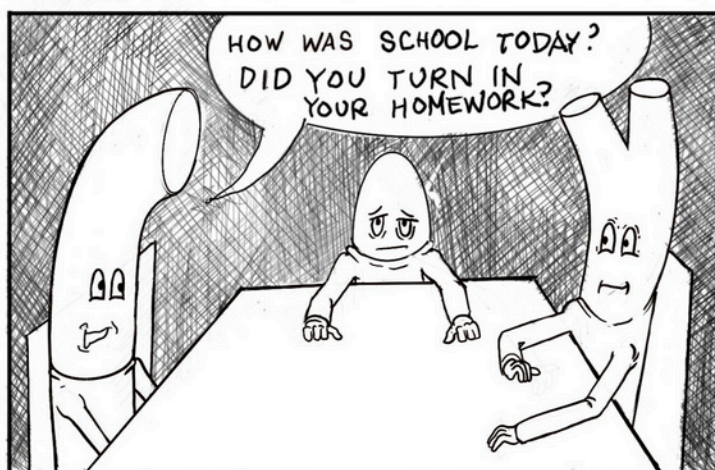


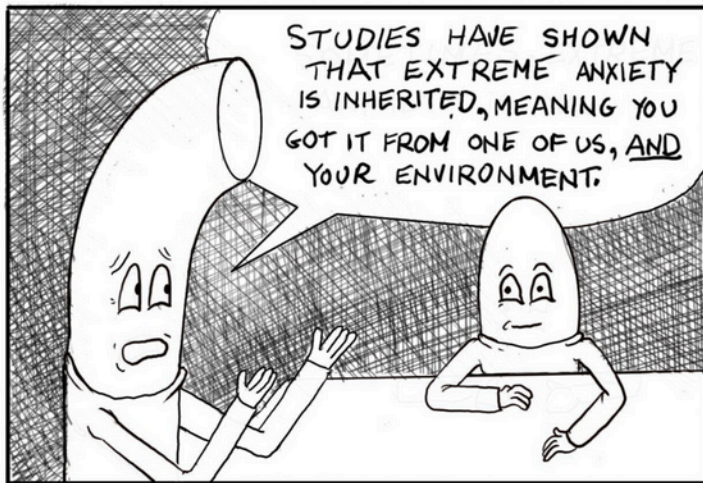


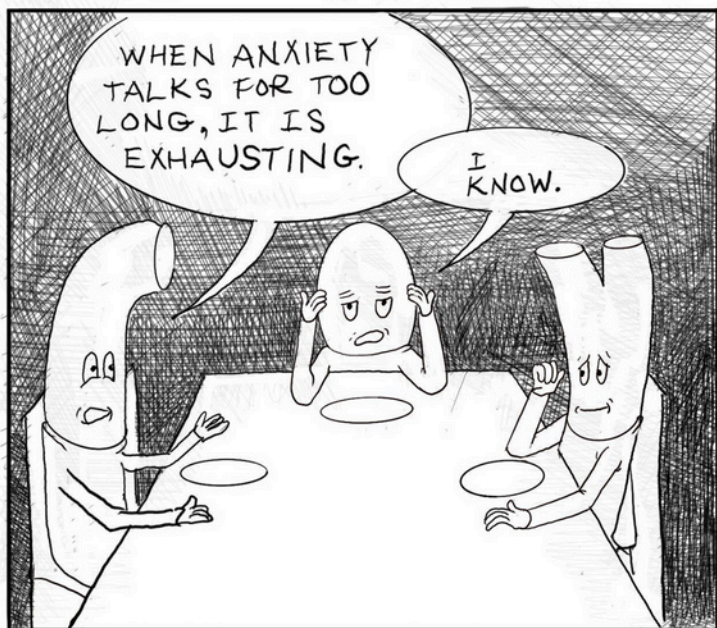
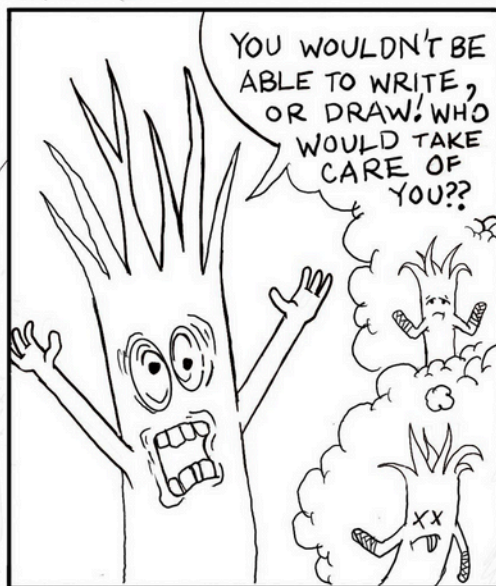
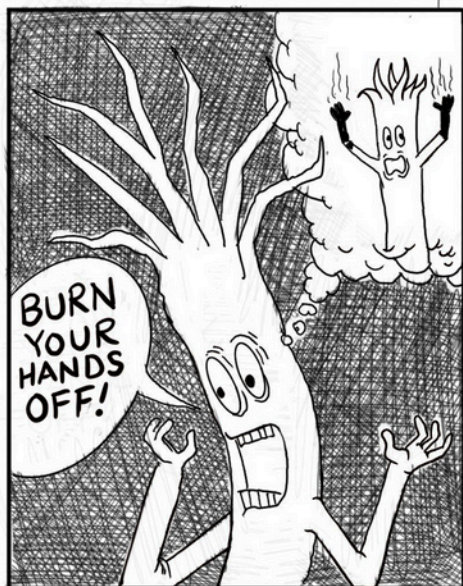
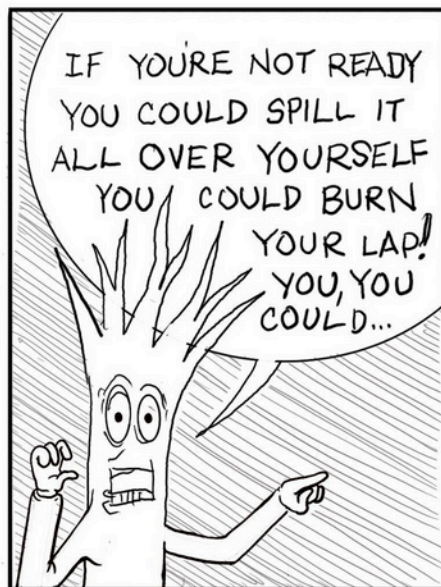
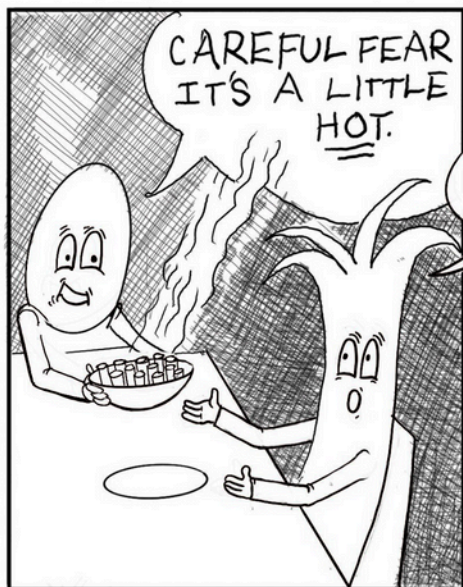












STRATEGY #1: THE 3.3.3. RULE...

NAME (3) THINGS YOU SEE,
LISTEN FOR (3) SOUNDS,

MOVE (3) BODY PARTS

I SEE A CHAIR

A LAMP



AND A WINDOW



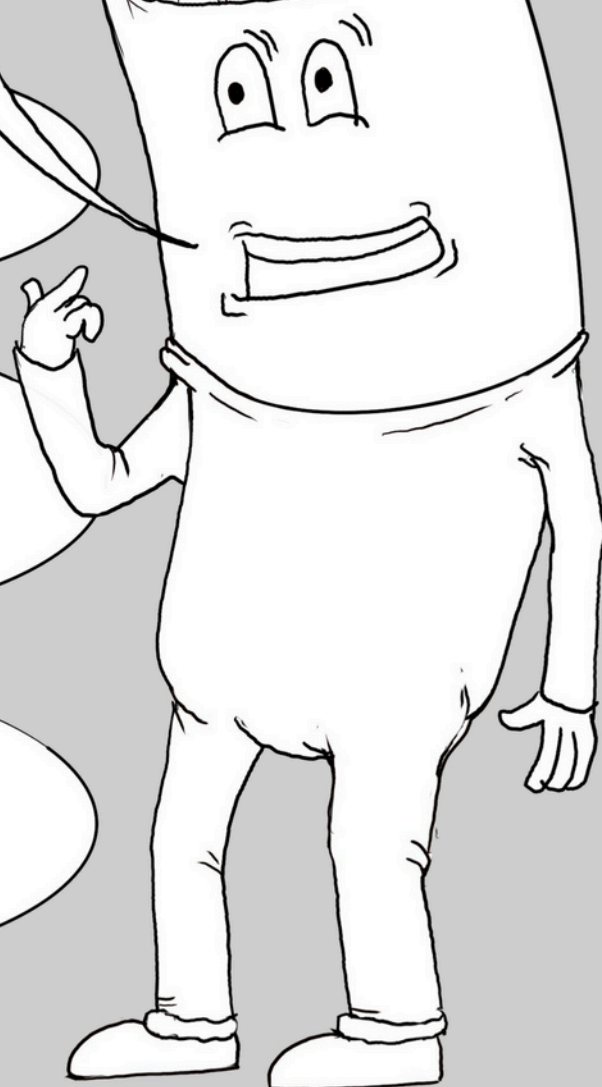
I HEAR A BIRD...
CHIRPING OUTSIDE



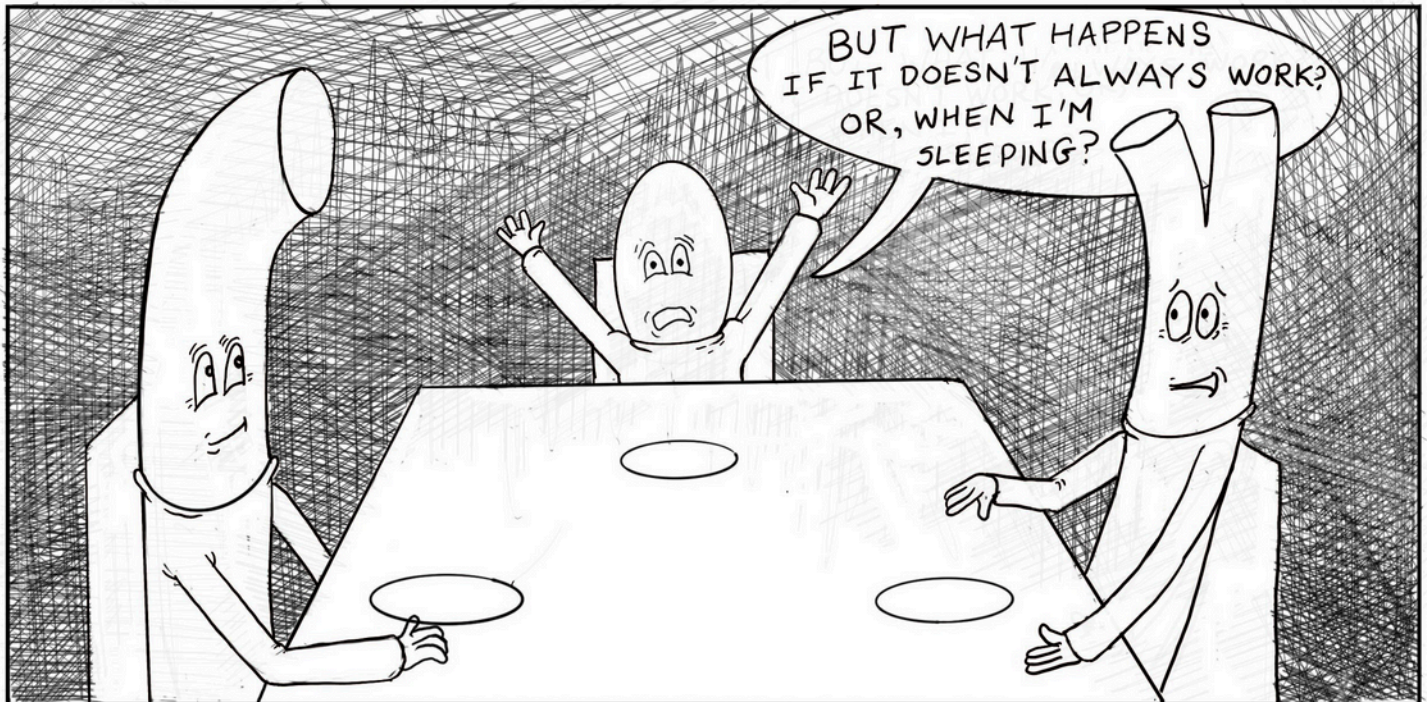
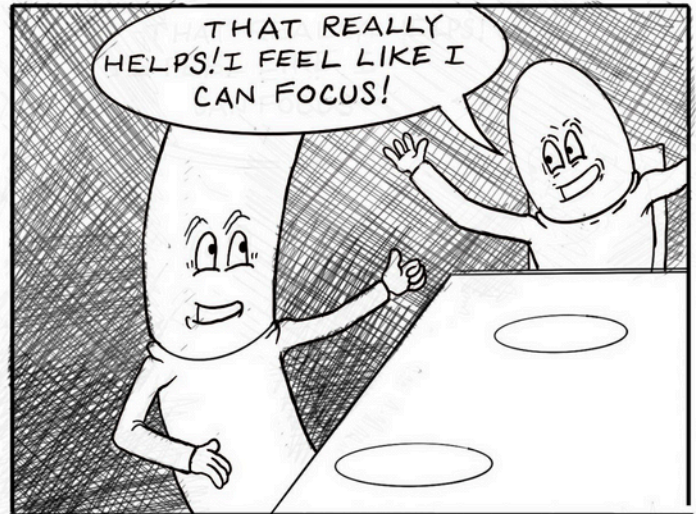
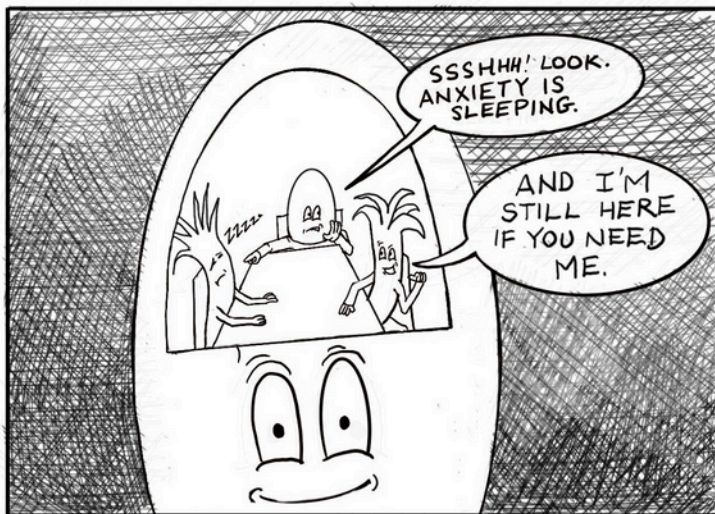
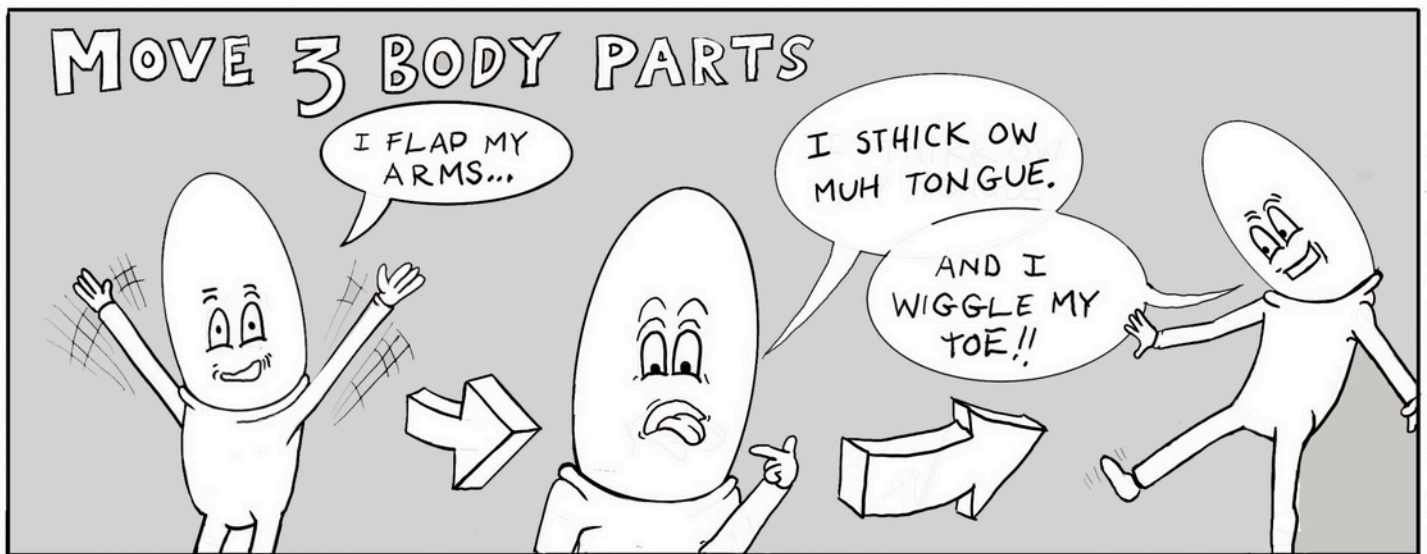
I HEAR
MY DOG SNORING

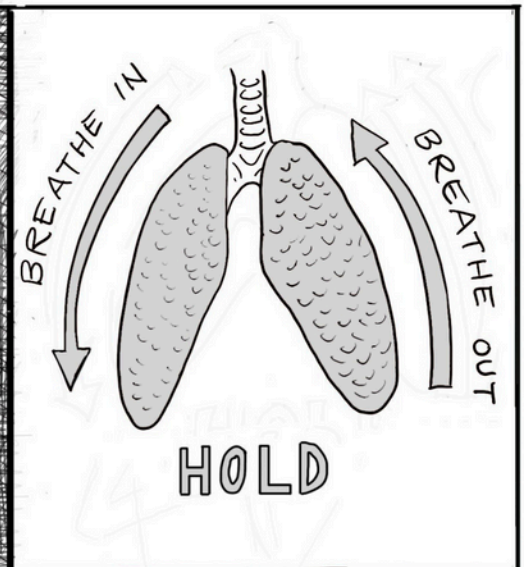
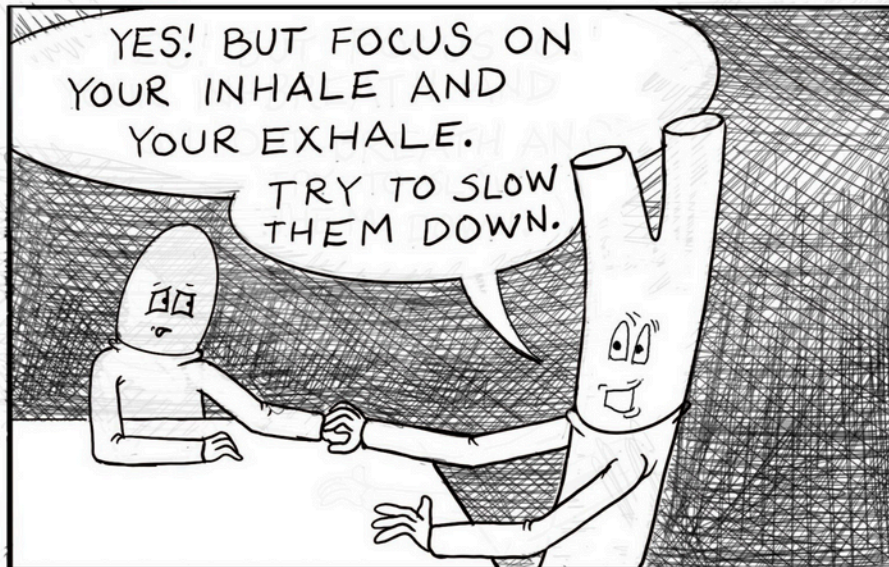


AND I CAN HEAR
CHILDREN PLAYING...

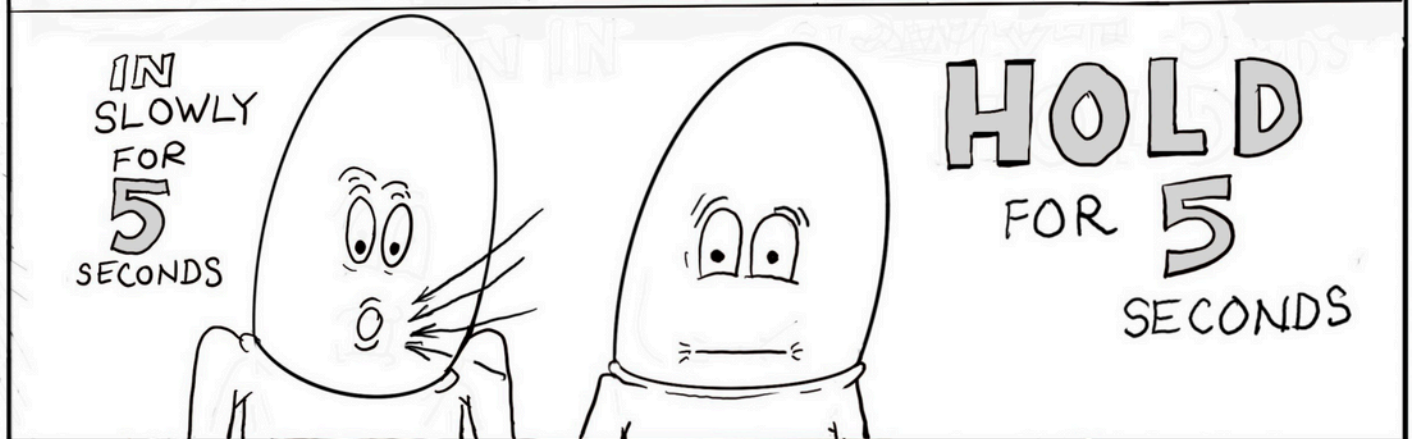


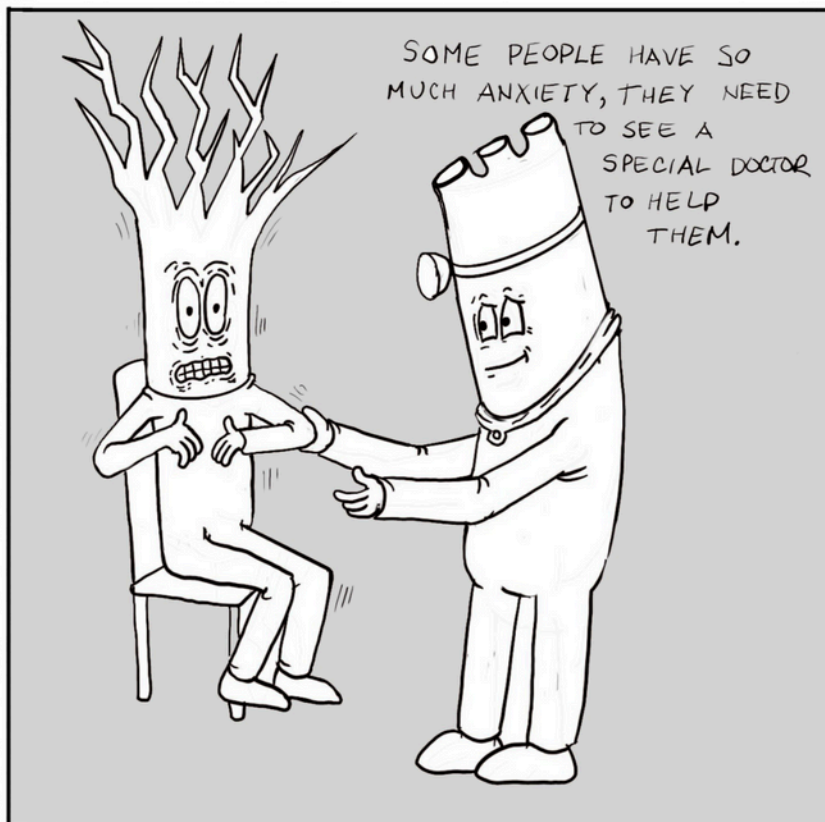
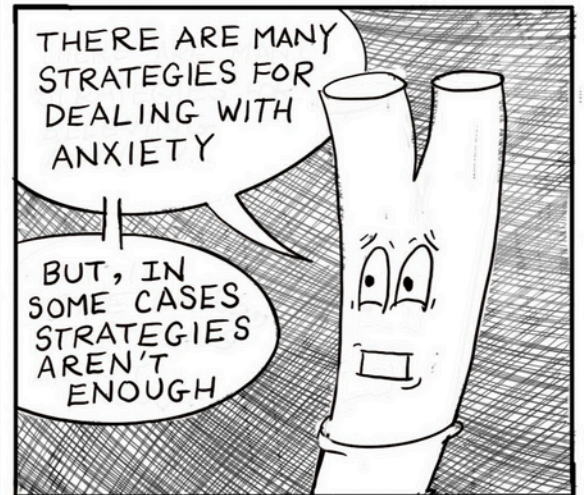
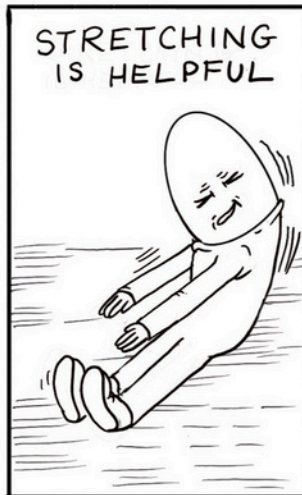
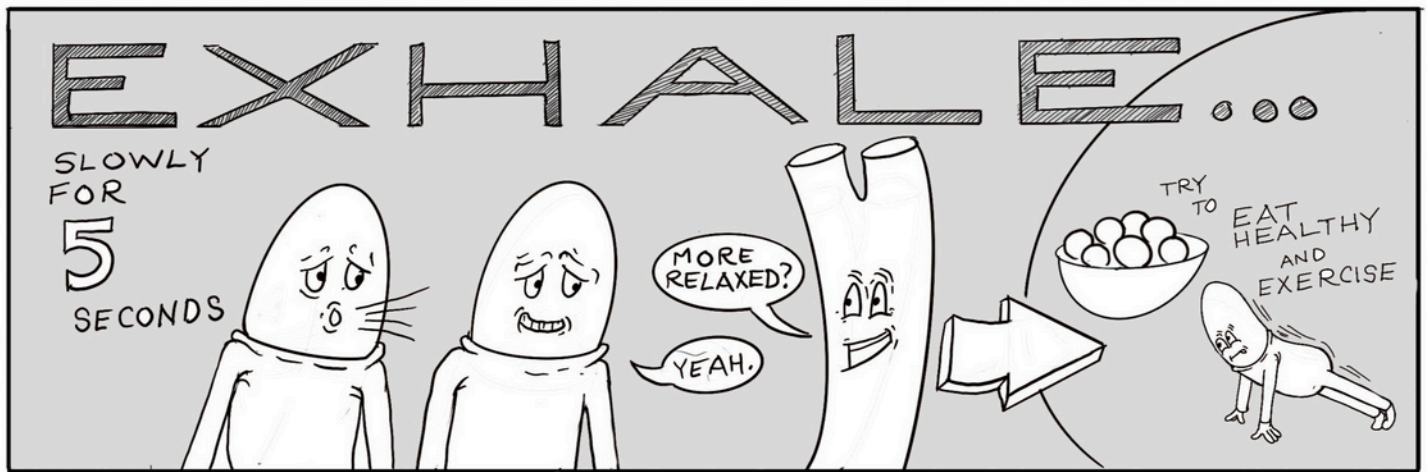
MOVE 3 BODY PARTS





JUST **BREATH**E



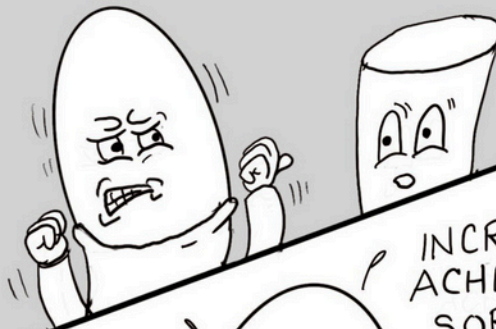


THE IMPORTANT
THING IS TO
TALK ABOUT
YOUR ANXIETY
WITH AN ADULT
YOU CAN TRUST

TALK
TO AN
ADULT IF
YOU
EXPERIENCE



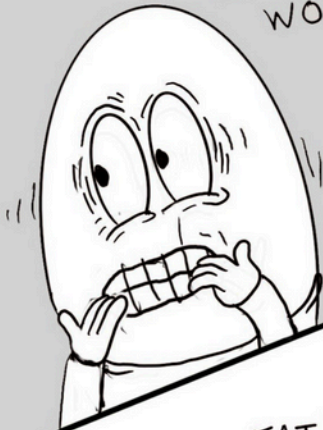
IRRITABILITY



INCREASED
ACHES AND
SORENESS



EXCESSIVE
WORRY



IMPAIRED
CONCENTRATION

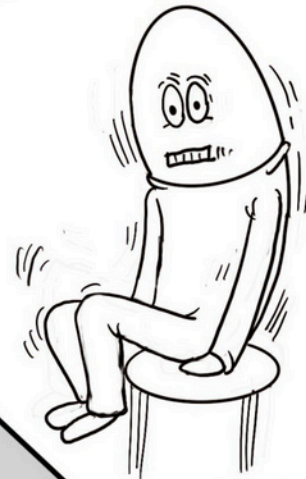
WHAT WAS
I
DOING?



FATIGUE



RESTLESSNESS



DIFFICULTY
SLEEPING



THE
END



Andrew Au is an artist living in Cincinnati, Ohio. He has experience with Generalized Anxiety Disorder. He runs Fuse Press with his wife, Jennifer Purdum. He has two Boston Terriers named Motor and Bowie.

This story written and illustrated by Andrew Au



This **Cartoon for Peace and Justice** book on the theme of **Anxiety and Depression** is part of a project of **SOS (Save Our Souls) ART**.

The intent of the project is to create and publish cartoon books on a given theme of peace and justice, written and illustrated by **Greater Cincinnati Artists**. The books, written **for Children and Adults of any age**, are given **free to schools** to be shared with their students and to prompt, in the classroom, a discussion and education on the addressed topic.

If you would like to take part in this project and/or support SOS ART please check sosartcincinnati.com and contact sosartcincinnati@gmail.com

SOS ART is a nonprofit 501c3 organization whose mission is to encourage, promote and provide opportunities and venues for the Arts as dynamic vehicles for Peace and Justice and for a Better World.



Better off
~~without~~ me



Written and illustrated
by Sarah Hynfield

*SOS ART publication
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Carol Ann and
Ralph V. Haile, Jr.

F O U N D A T I O N

*With the generous support
of the Haile Foundation*





AGAIN?! WHY DO YOU EVEN INVITE JAKE WHEN HE KEEPS GHOSTING US OVER AND OVER? HE **OBVIOUSLY** DOESN'T CARE ABOUT SPENDING TIME WITH US.



OH... LOOKS LIKE JAKE ISN'T COMING...



OR HE SAYS HE'LL BE SOMEPLACE AND THEN **DOESN'T** SHOW UP.




WAIT, I...I DON'T THINK THAT'S TRUE... JAKE IS MY **BEST FRIEND**-



-WOULD A "**BEST FRIEND**" TREAT YOU LIKE THIS? HE **NEVER** HANGS OUT WITH US ANYMORE!




AND EVEN WHEN HE DOES, HE JUST... **DOESN'T SEEM HAPPY** TO BE HERE.



I KNOW YOU CARE ABOUT HIM, MARCO.



BUT YOU CAN'T KEEP HOLDING ON TO SOMEONE WHO DOESN'T HOLD ON TO YOU. MAYBE JAKE NEEDS TO DECIDE WHETHER OR NOT HE ACTUALLY WANTS TO BE **YOUR** FRIEND.



BUT... I JUST DON'T THINK THAT'S THE PROBLEM...

AS FAR BACK AS I CAN
REMEMBER, JAKE'S ALWAYS
BEEN AN **INCREDIBLE**
FRIEND

WE SPENT EVERY DAY AT
SCHOOL TOGETHER,

AND HE WOULD
ALWAYS HELP ME
WITH HOMEWORK
WHEN I NEEDED IT.

WE HUNG OUT
AFTER SCHOOL, TOO.
PLAYING **VIDEO**
GAMES,

AND **BASKETBALL...**

HE'S NEVER
MADE ME FEEL
BAD FOR THE THINGS
THAT MAKE ME DIFFERENT,

HE'S KIND

AND FUNNY

AND HE'S **ALWAYS BEEN THERE FOR ME,**
SINCE WE WERE LITTLE KIDS.



I DON'T REALLY KNOW WHAT HAPPENED, BUT ABOUT
A YEAR AGO, THINGS STARTED TO... CHANGE.



JAKE'S GRADES STARTED DROPPING
AND HE GOT **MORE AND MORE** TIRED



WANNA COME
OVER 2DAY?

✓ READ 3:45

I KEPT INVITING HIM TO HANG OUT AFTER
SCHOOL AND HE'D USUALLY SAY **NO** OR
NOT RESPOND AT ALL



MY LIFE KEPT MOVING FORWARD, BUT IT STARTED TO FEEL LIKE
JAKE JUST WASN'T IN IT ANYMORE,

EVEN WHEN HE WAS RIGHT NEXT TO ME.

I REALLY DON'T THINK THAT HE STOPPED CARING ABOUT **ME**, THOUGH...

LIKE HE WAS FALLING DOWN...

IT WAS MORE LIKE HE STOPPED CARING ABOUT **ANYTHING**,

EVEN HIMSELF.


DOWN...

HE TALKED TO THE SCHOOL COUNSELOR A COUPLE TIMES, AND WAS GETTING BETTER FOR A WHILE,

BUT NOW THAT SUMMER'S HERE... **IT'S BEEN HAPPENING ALL OVER AGAIN .**


DOWN... SOMEWHERE EMPTY AND DARK WHERE I COULDN'T REACH HIM

A COUPLE DAYS AGO, I CAME OVER TO HIS HOUSE
TO TRY AND TALK IN-PERSON.



HI JAKE... I MISSED YOU
AT THE PARK YESTERDAY.
WHY HAVEN'T YOU BEEN
COMING OVER?

I KNOW OUR OTHER
FRIENDS MISS YOU TOO...



I DOUBT IT. WHY WOULD
THEY MISS ME? NOTHING I
DO IS WORTH ANYTHING AT
ALL.



TH--THAT'S NOT TRUE!! HOW
COULD YOU THINK THAT?!

I TRIED TO TALK HIM OUT OF
WHAT HE SAID, BUT NOTHING
MADE HIM FEEL DIFFERENT

HE KEPT SAYING SCARY THINGS, LIKE



I DON'T MATTER

I'M NOT IMPORTANT

YOU ALL DON'T REALLY NEED ME

I JUST GET IN
THE WAY

I CAN'T DO
ANYTHING RIGHT

I'M WORTHLESS

YOU'RE BETTER OFF
WITHOUT ME.





MARCO,
HONEY,

WHAT'S
WRONG?

BEFORE I KNEW IT, I WAS TELLING MY MOM **EVERYTHING**. ALL MY WORRIES ABOUT JAKE JUST CAME **POURING OUT OF ME**.

I JUST DON'T KNOW WHAT TO DO! I DON'T UNDERSTAND WHY HE WOULDN'T LISTEN TO ME: **NONE OF WHAT HE WAS SAYING ABOUT HIMSELF IS TRUE!**



THAT MUST HAVE
BEEN VERY SCARY...

BUT MARCO, I DON'T THINK **ONE CONVERSATION** WITH A FRIEND WILL BE ENOUGH TO MAKE JAKE FEEL BETTER.

BASED ON WHAT YOU'VE SAID, I THINK JAKE MIGHT BE SUFFERING FROM A **MENTAL ILLNESS** CALLED **DEPRESSION**.

I KNOW SOME THINGS ABOUT IT FROM MY WORK AT THE HOSPITAL, SO I'LL TELL YOU WHAT I CAN.

DEPRESSION IS ONE OF THE MOST COMMON MENTAL ILLNESSES:
ABOUT 1 IN 6 PEOPLE WILL HAVE IT IN THEIR LIFETIME



IT'S VERY DIFFERENT
FROM EVERYDAY SADNESS
OR DISAPPOINTMENT:



THOSE THINGS ARE HARD TOO, BUT
USUALLY FEEL BETTER QUICKLY WITH
A TALK OR A GOOD DISTRACTION



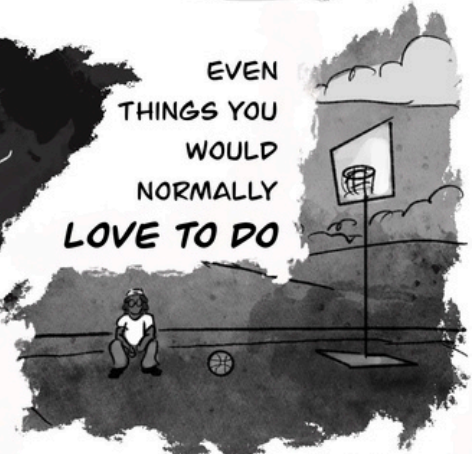
DEPRESSION COMES WITH **LONG-
LASTING FEELINGS OF
EMPTINESS, TIREDNESS, OR
SADNESS**



Better
without Off
me

**LOW SELF WORTH, AND
LOSS OF INTEREST IN
ACTIVITIES**

EVEN
THINGS YOU
WOULD
NORMALLY
LOVE TO DO



ANY PERSON

OF ANY AGE,

RACE,

RELIGION,

GENDER,

ABILITY,

OR CLASS

**CAN HAVE
DEPRESSION.**

THE CAUSES OF DEPRESSION AREN'T UNDERSTOOD PERFECTLY, BUT DIFFERENT
PEOPLE MAY HAVE DIFFERENT THINGS IN THEIR LIVES THAT **CONTRIBUTE** TO IT.

IF YOU HAVE A RELATIVE WITH DEPRESSION, YOU'RE MORE LIKELY TO SUFFER FROM IT YOURSELF



BUT **SOCIAL ISSUES** LIKE **DISCRIMINATION**, OR **ABUSE**, **FEELING ALONE** IN YOUR COMMUNITY, CAN ALSO BE A CAUSE OF DEPRESSION



HAVING LOWER-THAN AVERAGE LEVELS OF A CHEMICAL CALLED **SEROTONIN** IN YOUR BRAIN OFTEN TRIGGERS DEPRESSION AS WELL

ALONG WITH **TRAUMATIC EVENTS** LIKE A **LOVED ONE DYING**, OR EVEN AN **INJURY** OR **ILLNESS**.



POVERTY AND SCARCITY - NOT HAVING THE THINGS YOU NEED TO LIVE COMFORTABLY - ARE **BIG STRESSORS** THAT CAN MAKE DEPRESSION WORSE.




OH... I THINK **THAT** MIGHT BE SOMETHING THAT'S AFFECTING JAKE. HE DOESN'T REALLY TALK ABOUT IT, BUT I'VE SEEN SOME THINGS THAT MAKE ME FEEL WORRIED....

THAT CAN ALSO MAKE RECOVERY MORE DIFFICULT, BECAUSE MOST OF THE **TREATMENTS** FOR DEPRESSION-LIKE **THERAPY** AND **MEDICATION**-CAN BE EXPENSIVE.




BUT WHAT DO WE **DO** ABOUT IT?!



WELL FIRST OF ALL, I'M REALLY GLAD THAT YOU CAME TO ME. DEPRESSION IS A SERIOUS ILLNESS THAT IS FAR TOO MUCH FOR A SINGLE CHILD--OR TWO CHILDREN-- TO HANDLE ALONE.

I KNOW JAKE'S MOM, AND I THINK THE SITUATION IS SERIOUS ENOUGH THAT I SHOULD CALL HER RIGHT AWAY.




IT CAN BE REALLY DIFFICULT TO REACH OUT FOR HELP WHEN YOU HAVE DEPRESSION: IT MIGHT FEEL LIKE YOU AREN'T WORTH THE EFFORT.

JAKE MIGHT EVEN BE TRYING TO HIDE HOW HE FEELS SO HIS MOTHER WON'T WORRY




BUT GOOD FRIENDS AND COMMUNITIES SHOULD **ALWAYS** SUPPORT PEOPLE STRUGGLING WITH MENTAL ILLNESS,

IT'S A PART OF LIFE, AND SOMETHING. WE CAN HELP WITH THROUGH OUR SUPPORT SYSTEMS.



I'LL ALSO TALK TO JAKE'S MOM ABOUT OPTIONS TO HELP THEIR FAMILY'S FINANCIAL TROUBLE:



I KNOW SOME COMMUNITY PROGRAMS THAT OFFER AFFORDABLE THERAPY FOR PEOPLE STRUGGLING FINANCIALLY.

CONNECT HER TO RESOURCES LIKE THE LOCAL FOOD BANK, MAYBE ORGANIZING AN EFFORT TO BRING MEALS, CLOTHES, AND OTHER NECESSITIES WITH THE FAMILIES IN OUR NEIGHBORHOOD.

I KNOW IT MIGHT FEEL LIKE NOTHING YOU SAY MAKES ANY DIFFERENCE, BUT THERE **ARE** SOME THINGS YOU CAN DO TO HELP

PEOPLE WITH DEPRESSION OFTEN HAVE TROUBLE WITH DAILY TASKS, LIKE GETTING OUT OF BED AND GETTING FOOD FOR THEMSELVES

SINCE YOU'RE JAKE'S BEST FRIEND, HE MIGHT FEEL MORE COMFORTABLE ACCEPTING HELP FROM YOU.

IT'S IMPORTANT TO REMEMBER THAT JAKE **STILL HAS DEPRESSION**, AND THAT'S NOT SOMETHING YOU CAN TAKE AWAY, NO MATTER HOW MUCH YOU LOVE HIM.

YOU SHOWING THAT YOU CARE FOR HIM MAY HELP HIM CARE FOR **HIMSELF** AS WELL.

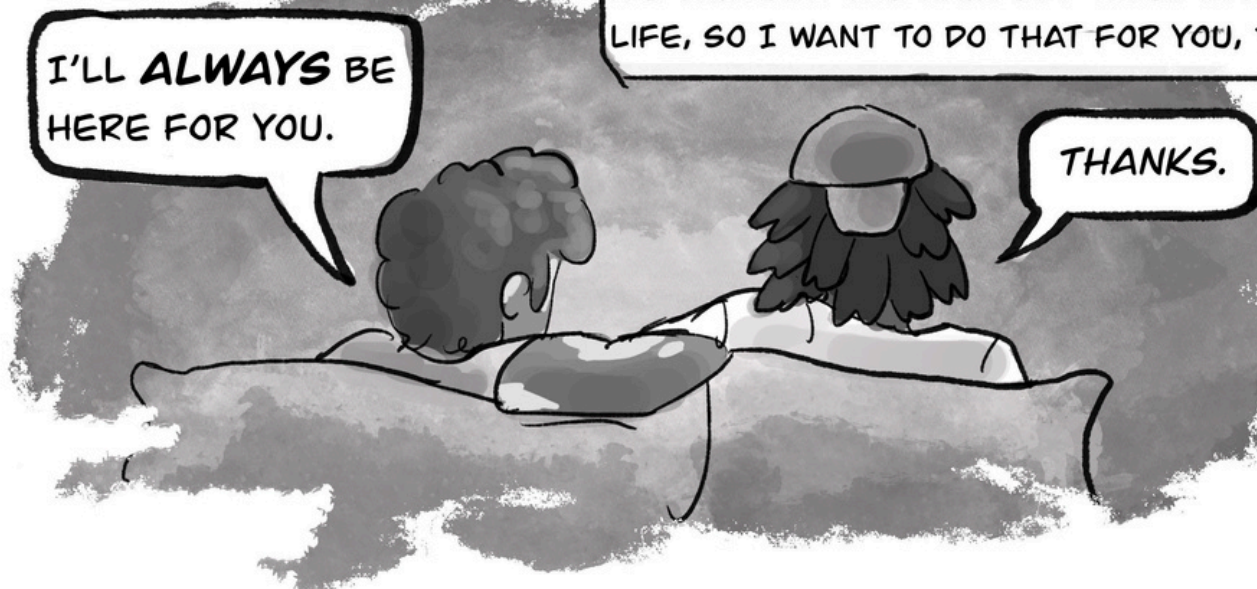
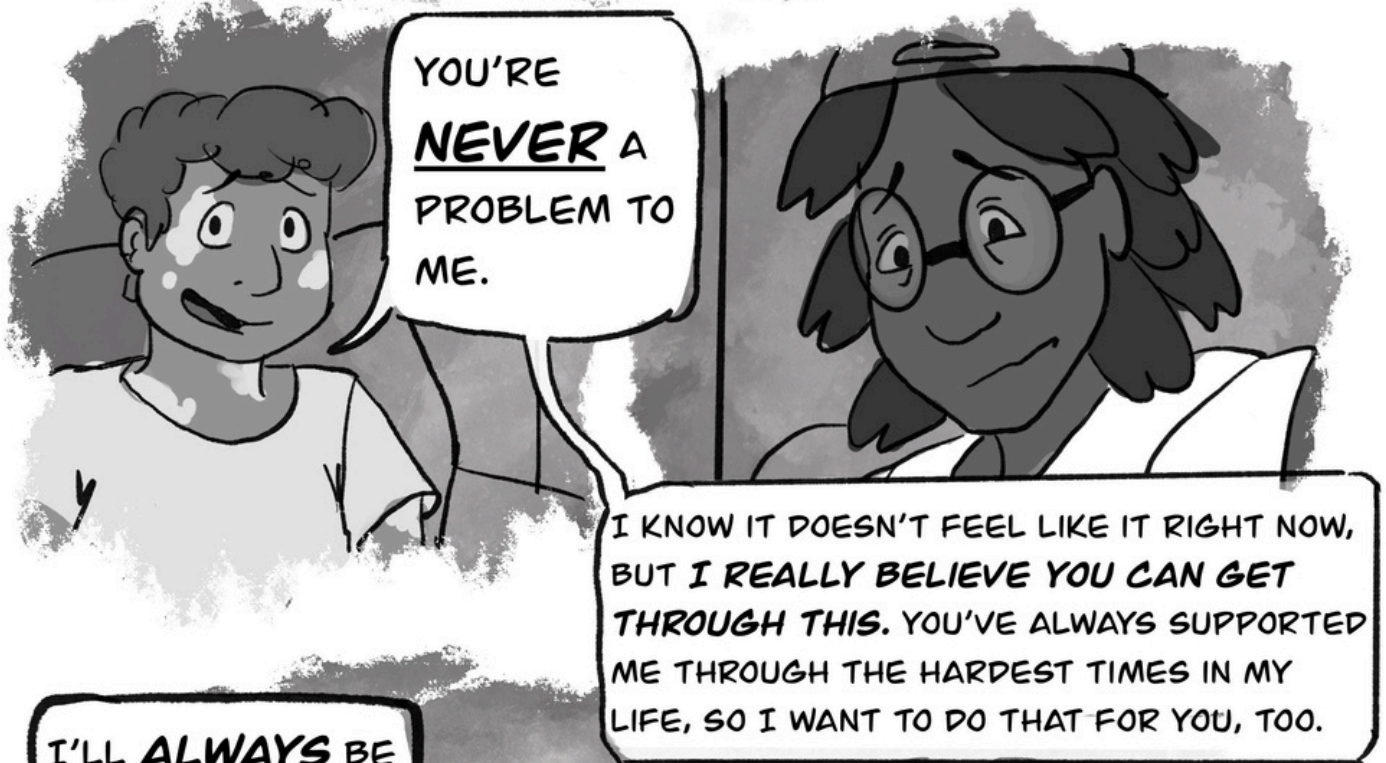
JUST BE THERE FOR HIM

IT'S LIKE IF JAKE HAD THE FLU: YOU COULD GIVE HIM SOUP TO HELP HIM FEEL BETTER, BUT IT WOULDN'T **CURE** HIS SICKNESS

THAT ONLY COMES WITH **TIME AND TREATMENT**

EVEN WHEN HE'S FEELING DOWN OR EMPTY

IT MIGHT NOT SEEM LIKE MUCH, BUT IT **ALWAYS** MAKES A DIFFERENCE.



DO YOU THINK WE COULD
TALK TO OUR OTHER
FRIENDS



ABOUT WHAT YOU'RE GOING
THROUGH? WE COULD DO IT
TOGETHER.

I KNOW IT CAN BE
DIFFICULT TO OPEN UP
WHEN YOU'RE HAVING A
HARD TIME.



AND MAYBE THEY WON'T
UNDERSTAND IT PERFECTLY



BUT I REALLY THINK THEY'LL
WANT TO SUPPORT YOU



AND IT MIGHT HELP TO MAKE YOU
FEEL A LITTLE LESS ALONE



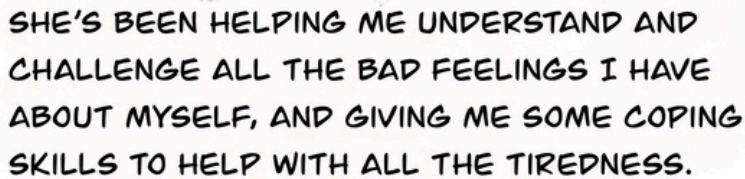
YOU HAD YOUR THIRD MEETING WITH YOUR THERAPIST THIS WEEK, RIGHT? DID IT GO OKAY?



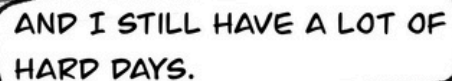
IT WENT REALLY WELL, I THINK. SHE'S SUPER NICE, AND SHE HAS A BUNCH OF FIDGET TOYS I CAN USE WHILE WE'RE TALKING.



SHE SAID IT'S GOING TO TAKE SOME TIME FOR ME TO GET BETTER.



SHE'S BEEN HELPING ME UNDERSTAND AND CHALLENGE ALL THE BAD FEELINGS I HAVE ABOUT MYSELF, AND GIVING ME SOME COPING SKILLS TO HELP WITH ALL THE TIREDNESS.



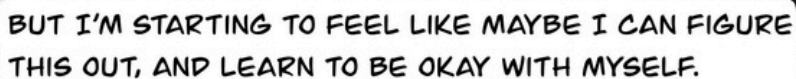
AND I STILL HAVE A LOT OF HARD DAYS.



I THINK I'M MUCH BETTER OFF **WITH** YOU



I'M SO GLAD.

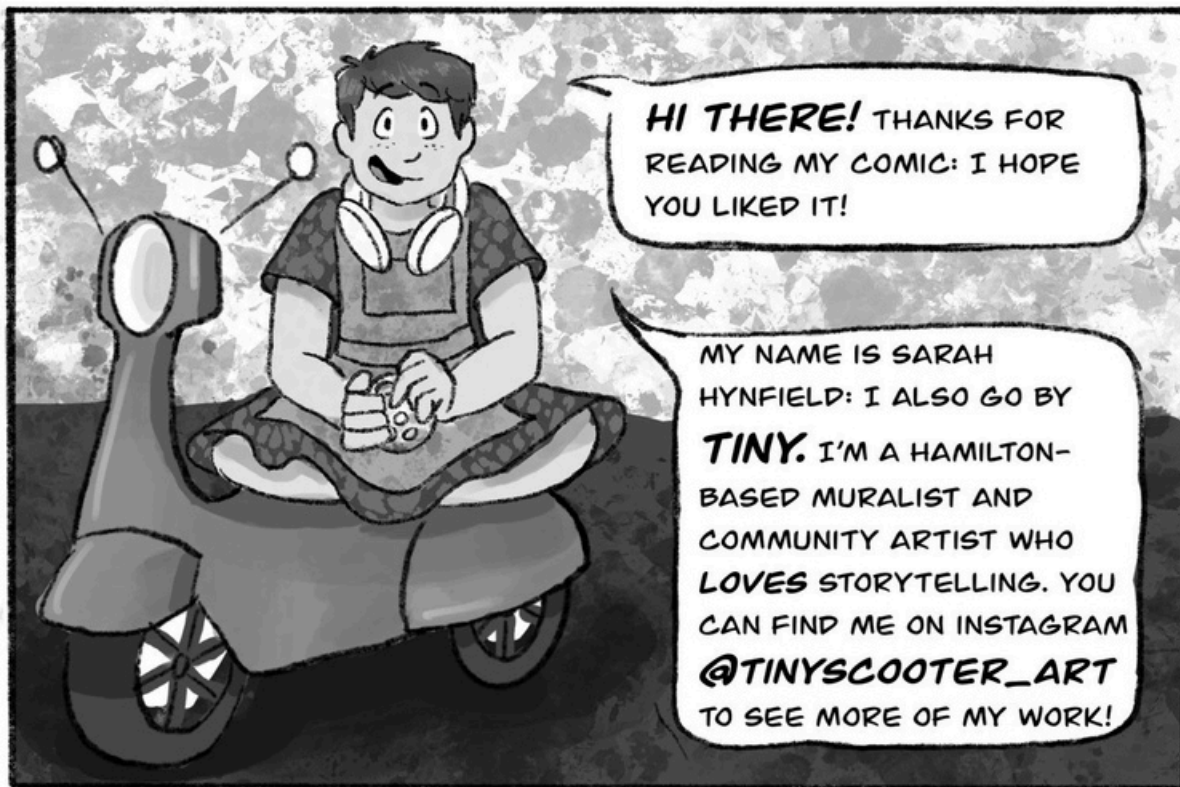


BUT I'M STARTING TO FEEL LIKE MAYBE I CAN FIGURE THIS OUT, AND LEARN TO BE OKAY WITH MYSELF.



ME TOO 😊





This story written and illustrated by Sarah Hynfield



This **Cartoon for Peace and Justice** book on the theme of **Anxiety and Depression** is part of a project of **SOS (Save Our Souls) ART**.

The intent of the project is to create and publish cartoon books on a given theme of peace and justice, written and illustrated by **Greater Cincinnati Artists**. The books, written **for Children and Adults of any age**, are given **free to schools** to be shared with their students and to prompt, in the classroom, a discussion and education on the addressed topic.

If you would like to take part in this project and/or support SOS ART please check sosartcincinnati.com and contact sosartcincinnati@gmail.com

SOS ART is a nonprofit 501c3 organization whose mission is to encourage, promote and provide opportunities and venues for the Arts as dynamic vehicles for Peace and Justice and for a Better World.