



## a mini-comic about youth mental health

Inspired by the **Craft in Mind** project  
<http://craftinmind.wordpress.com>

NO MONEY, NO OPPORTUNITIES.  
I'M CONSTANTLY STRESSED  
ABOUT HOW TO PAY FOR EVERY-  
THING, TRYING TO GET BY ON  
PENNIES EVERY DAY...

...ALL WHILE TRYING TO  
MAKE CAREER DECISIONS.  
YOU ASK YOURSELF:  
AM I MAKING THE RIGHT  
CHOICES? YOU SECOND-  
GUESS YOURSELF AND THE  
DOUBTS START.

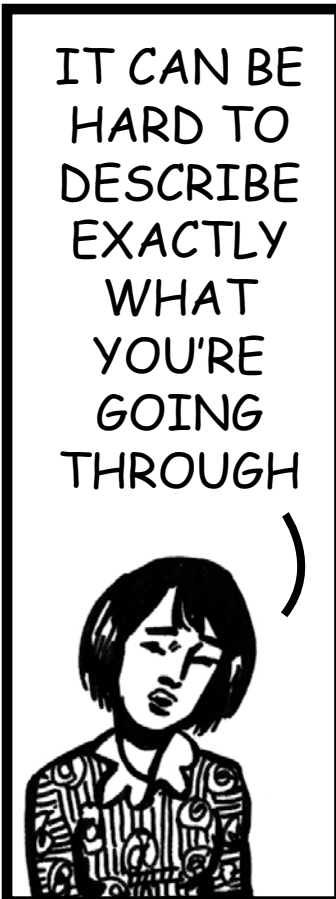
I APPLIED  
FOR 200  
JOBS,  
JUST KEPT  
SENDING  
OUT MY CV.

YOU KNOW-

- I DIDN'T  
EVEN GET A  
REPLY.

IT'S HARD.  
NO-ONE  
WANTS TO  
GIVE YOU A  
CHANCE...






WHEN I WENT TO MY GP,  
HE SAID THAT I WAS JUST  
LOOKING FOR ATTENTION.  
HE DIDN'T TAKE IT TOO  
SERIOUSLY.




HE PUT ME  
ON STRONG  
MEDICATION  
WITHOUT  
OFFERING  
ANY COUN-  
SELLING



THE DRUGS  
MADE ME  
FEEL LIKE  
I WAS  
OUTSIDE  
MY LIFE  
LOOKING  
IN



I WAS LIKE  
A ZOMBIE,  
TOTALLY  
ZONKED  
OUT AND  
WITH NO  
CONTROL  
OVER MY  
LIFE



I SHOULD  
HAVE GOT  
A SECOND  
OPINION





THEN WHEN I CAME OFF  
THE MEDICATION, IT  
CAUSED MORE PROBLEMS  
AND STRESS-



THE DOCTOR  
SAID 'SINCE  
YOU'RE NOT  
ON MEDIS-'



'- YOU'RE  
FINE'

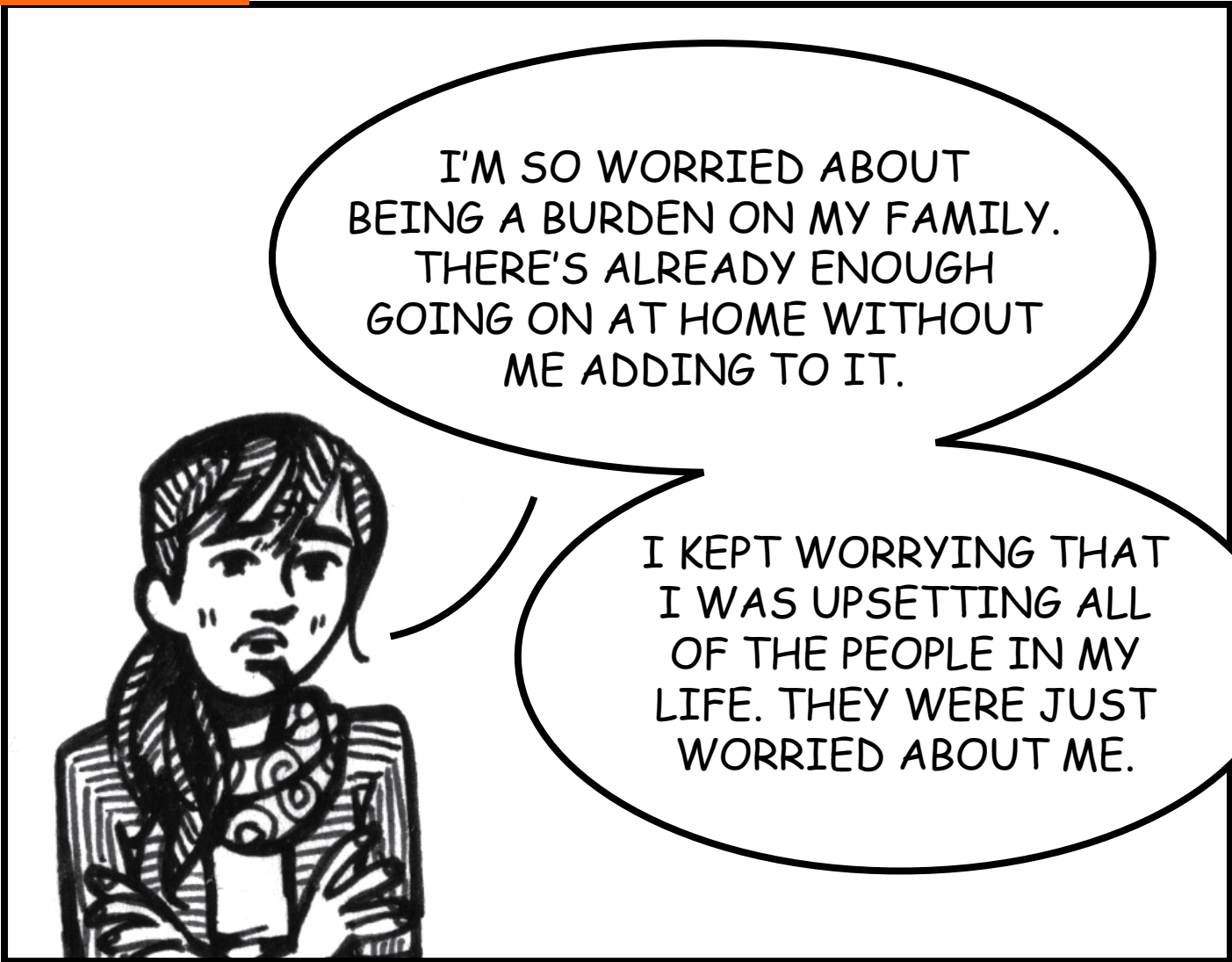


LEADING  
TO ME NOT  
GETTING  
DLA FOR 3  
YEARS



EVENTUALLY  
I GOT MY  
SIDE OF  
THE STORY  
HEARD AND  
GOT BACK  
ON TRACK





I GOT STUCK.  
THAT'S WHAT IT FELT LIKE.  
I DIDN'T WANT TO LEAVE THE  
SOFA, IT JUST SEEMED LIKE THE  
SAFEST PLACE

I WAS SO WORRIED  
ABOUT WHAT EVERYONE  
ELSE THOUGHT. I DIDN'T  
WANT THEM TO THINK  
THERE WAS SOMETHING  
WRONG WITH ME.



I USED  
TO CALL  
PEOPLE  
MAD,  
MENTAL,  
EVEN  
PSYCHO...



AND  
THOUGHT  
NOTHING  
OF IT

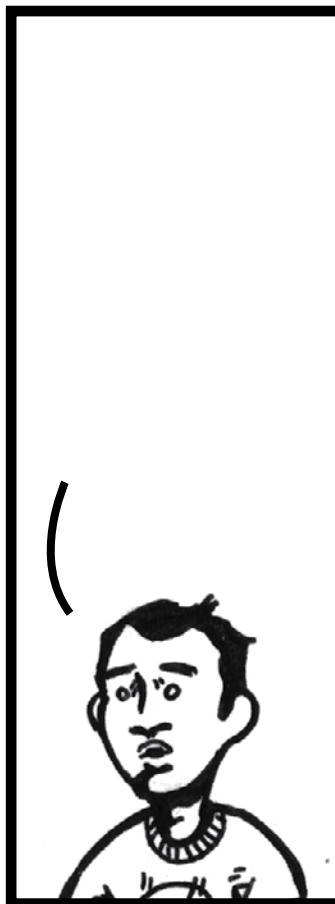
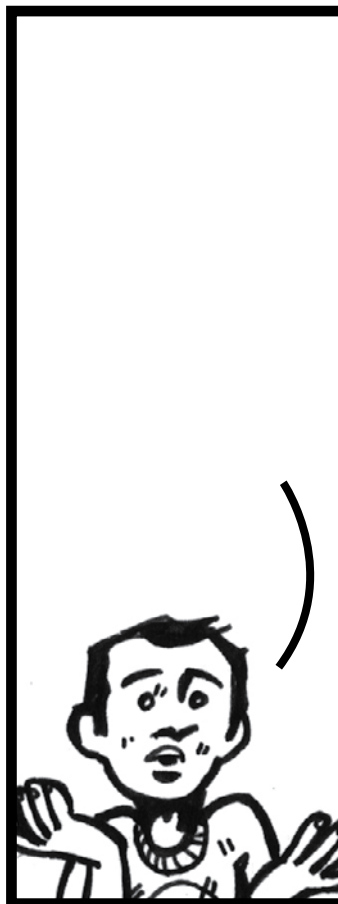
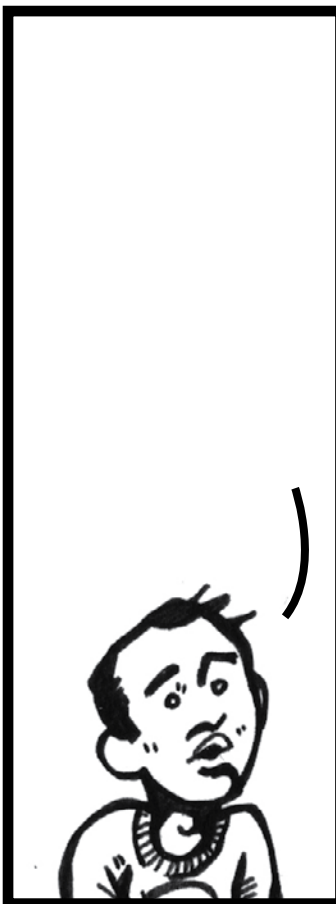


NOW AFTER  
MY OWN  
EXPERIENCE-

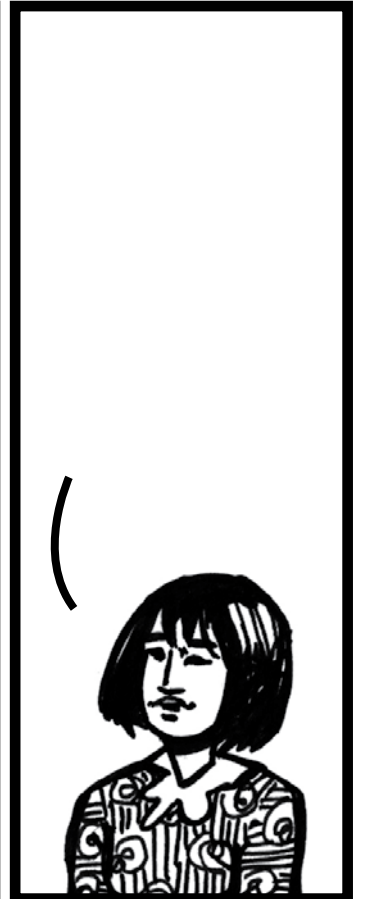


- I USE  
WORDS  
MUCH MORE  
CAREFULLY









WOULD YOU TELL  
SOMONE IF YOU HAD A  
MENTAL HEALTH ISSUE?

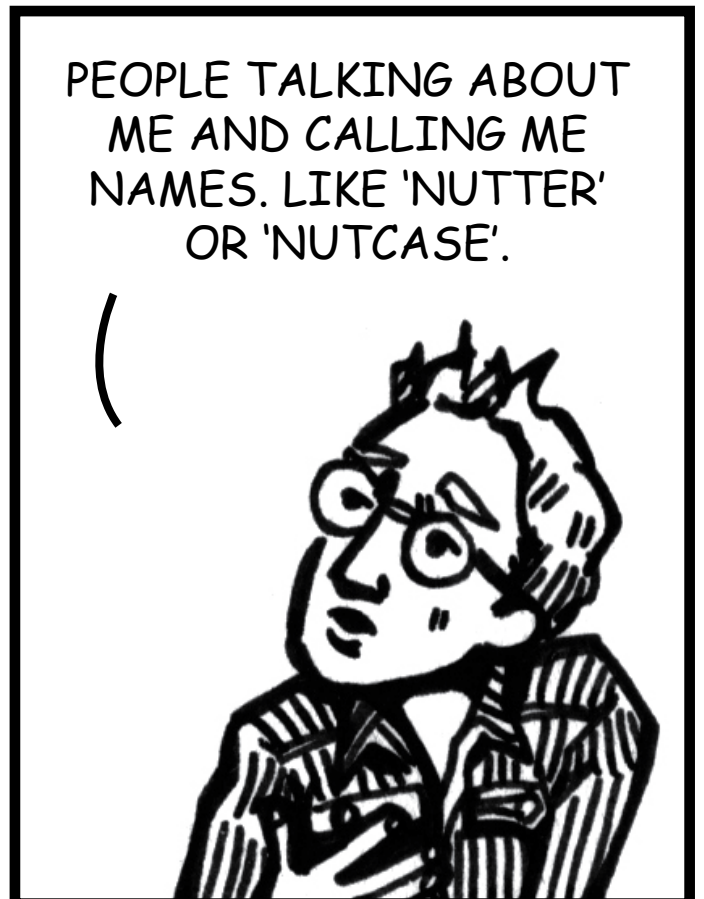
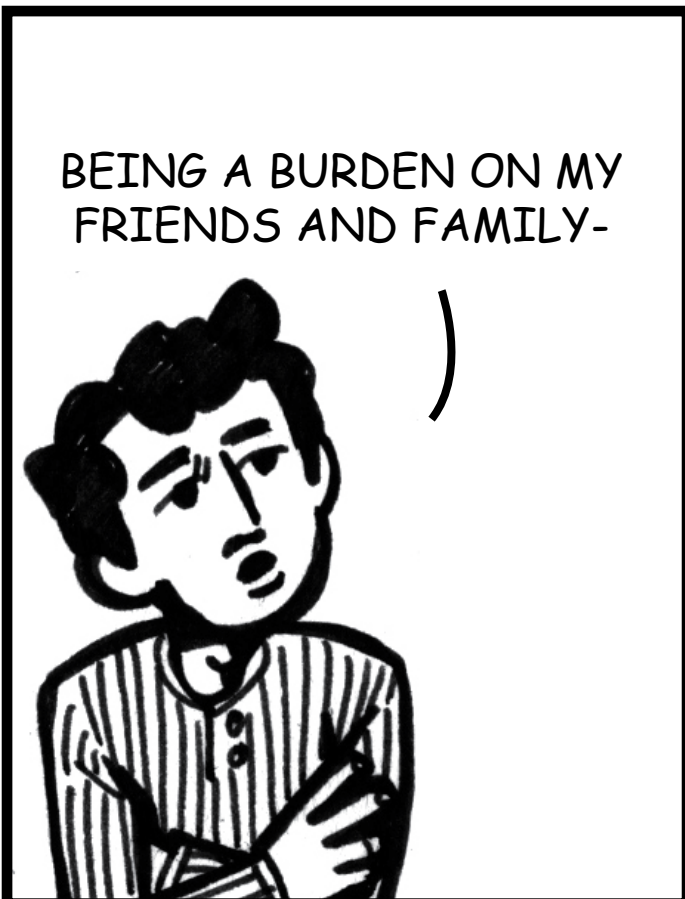


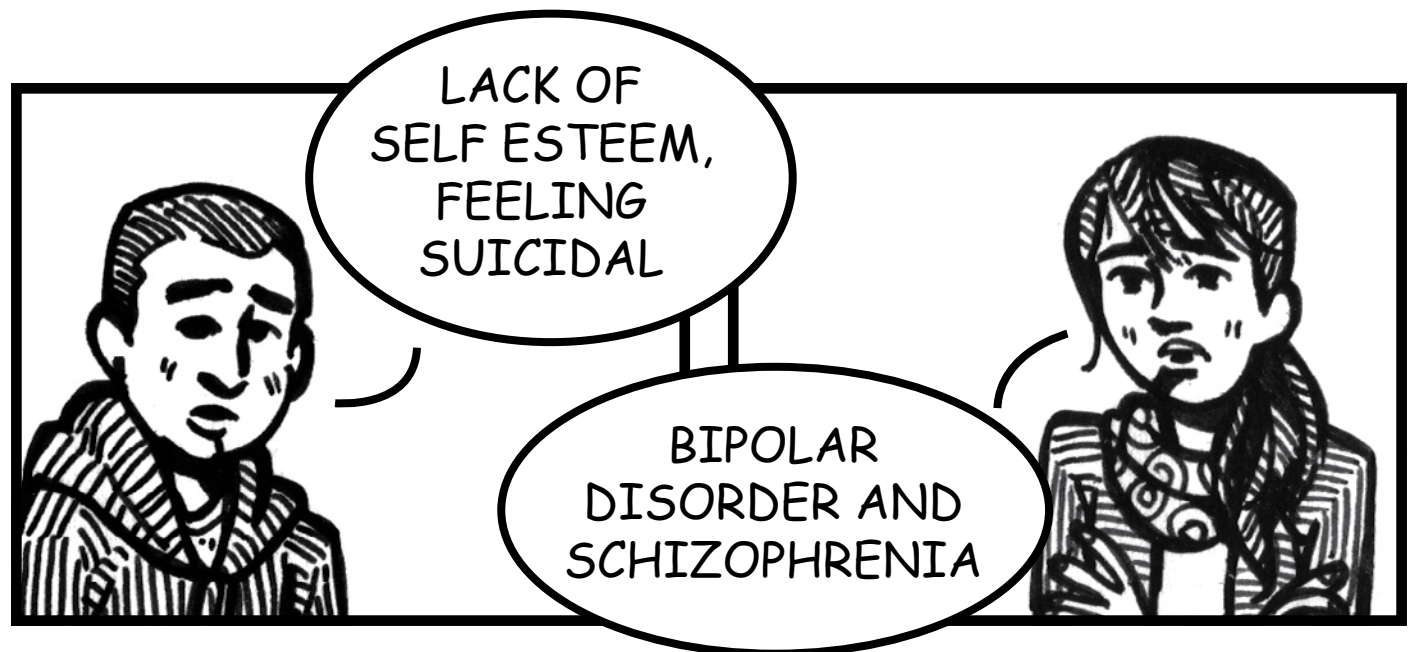
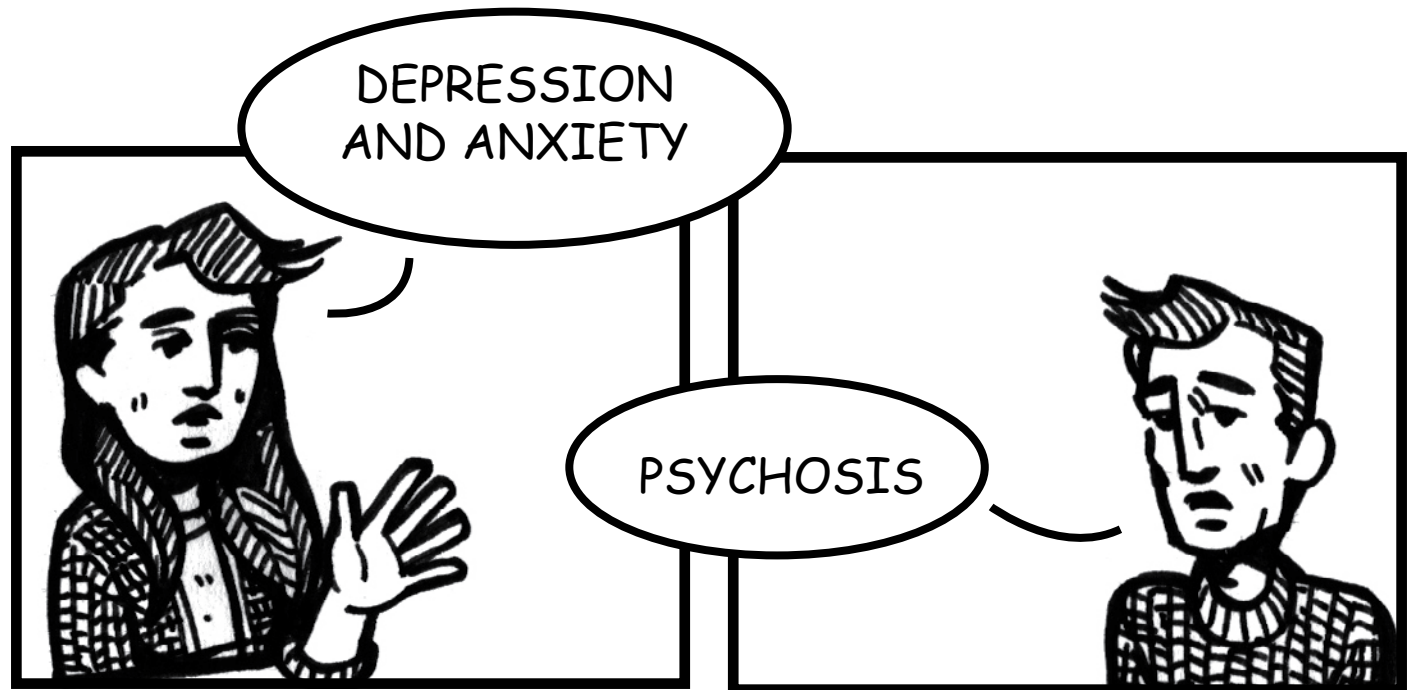
I WOULDN'T.  
I THINK THAT PEOPLE  
WOULD TREAT ME  
DIFFERENTLY.



IN THE BEGINNING, NO.  
BUT NOW I REALISE  
THAT I SHOULD HAVE  
GOT A LOT OF HELP A  
LOT SOONER.









DON'T FORGET-

- PROBLEMS WITH BULIMIA,  
BULLYING, DEBT, ANOREXIA,  
SELF HARM, SEXUAL IDENTITY,  
ALCOHOL, DRUGS, EXAM STRESS,  
GRIEF AND BEREAVEMENT,  
STRESS OF MAJOR LIFE EVENTS,  
BEING A CARER, RELATIONSHIPS,  
OBSESSIVE COMPULSIVE  
BEHAVIOUR, SLEEP DEPRIVATION  
AND MANY OTHER FACTORS  
CAN LEAD TO POOR  
MENTAL HEALTH TOO.

IT'S NOT JUST THE  
OBVIOUS REASONS.



# WHAT HELP IS OUT THERE?

YOUTHSPACE



WHAT DO YOU DO?



YOUTHSPACE PROVIDES RELEVANT & UP-TO-DATE INFORMATION AND ADVICE FOR YOUNG PEOPLE ON ALL ASPECTS OF MENTAL HEALTH



WHY WOULD I TRUST YOU?



BECAUSE WE'RE YOUTH-LED. WE HAVE A YOUTH BOARD. NO DECISIONS ARE MADE IN THE ORGANISATION WITHOUT THEIR SAY SO



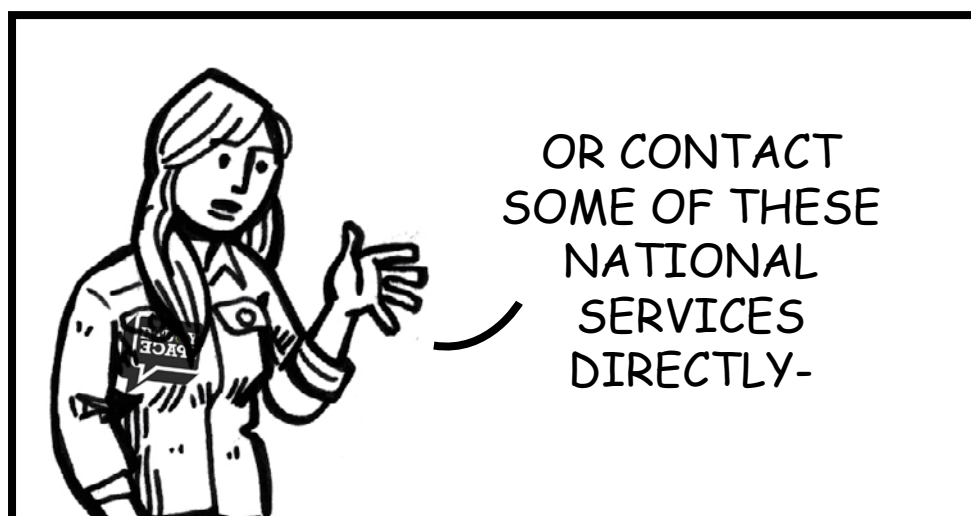
HOW DO I FIND YOU?



JUST GO TO [WWW.YOUTHSPACE.ME](http://WWW.YOUTHSPACE.ME)

OR EMAIL US:  
[contact@youthspace.me](mailto:contact@youthspace.me)





YOUNG MINDS  
[www.youngminds.org.uk](http://www.youngminds.org.uk)

PAPYRUS- PREVENTING YOUTH SUICIDE  
[www.papyrus-uk.org](http://www.papyrus-uk.org)

THE SAMARITANS  
[www.samaritans.org](http://www.samaritans.org)