

HOW'S IT GOING, WILSON?

A POCKET COMIC ABOUT MENTAL HEALTH





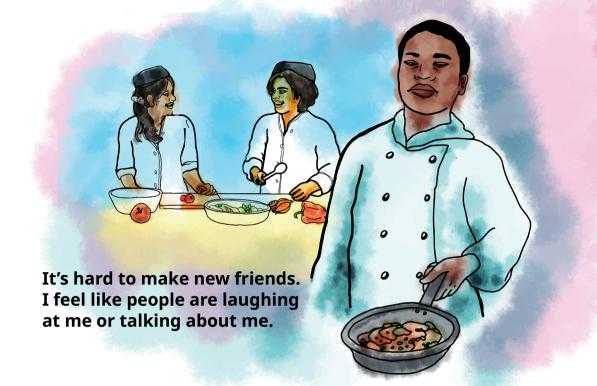


Sometimes my body hurts and I feel tired, but I haven't done anything to make it feel that way. The doctor says I'm fine.



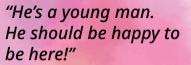
I'm working in a restaurant but I want to go to college like my cousin Zara.







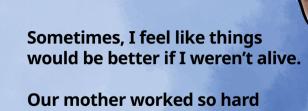
Even though I know I like reading and watching TV, I don't want to do it. "Why is he always sleeping?"





"I don't know. He hasn't eaten in days". I know you mean well, but it is ok for him to feel sad.
It is not helpful to call him lazy.
Moving here is a big shock.
Don't you remember how you felt when you first came?





to bring us here, but I'm just a

burden on my family.



If they are, call 911 or the National Suicide Prevention Lifeline at **1-800-273-TALK (8255)**, or NYCWell at **1-888-NYC-WELL (1-888-692-9355)**.

- Listen and do not judge them
- Give reassurance and information
- Encourage getting appropriate professional help.
- Encourage self-help and other support strategies



I'm glad to hear that.
Listen, there's a number
I want you to call,
now or when you feel
a little more comfortable.
It is 1-888-NYC-WELL.

I had a friend who called and she said it was very helpful. Promise me you will call, ok?





Sign up for a Mental Health First Aid Training by calling 311, or online at https://mhfa.cityofnewyork.us/

The trainings are free and open to all New Yorkers 17 years old and above.

Mental Health First Aid trainings will help you:

- Recognize the early signs and symptoms of mental illness and substance misuse.
- How to listen without judgement.
- Help someone in distress until they can get the professional care they may need.



Sign up today online at https://mhfa.cityofnewyork.us/

Youth and teenagers have specific mental health needs. The **Youth Mental Health First Aid** training focuses on the unique risk factors and warning signs of mental health problems in youth ages 12-17. You will learn about getting involved early and how to help a teenager experiencing a mental health challenge.

NYC.GOV/WESPEAKNYC



Learn English for free.

Immigrant Affairs

STUDIO VREVE

