

we
speak
NYC

HOW'S IT GOING, WILSON?

A POCKET COMIC
ABOUT MENTAL HEALTH





**Living in New York is such
a different experience for me.**

**I miss my friends from home,
I feel so lonely sometimes.**

**I should be happy to be here,
reunited with my mother
and sister.**

But I miss my life in Haiti.



**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.**



**It's hard to make new friends.
I feel like people are laughing
at me or talking about me.**



**When I'm sad, it's not just for a few days.
Sometimes I feel sad for days or weeks.**



**Even though I
know I like reading
and watching TV,
I don't want
to do it.**

"Why is he always sleeping?"



*"He's a young man.
He should be happy to
be here!"*



*"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?*

Knock Knock

Leave me alone, Zara!

*Ok, just wanted to see
if you'd like to talk.
I'm here to listen.*



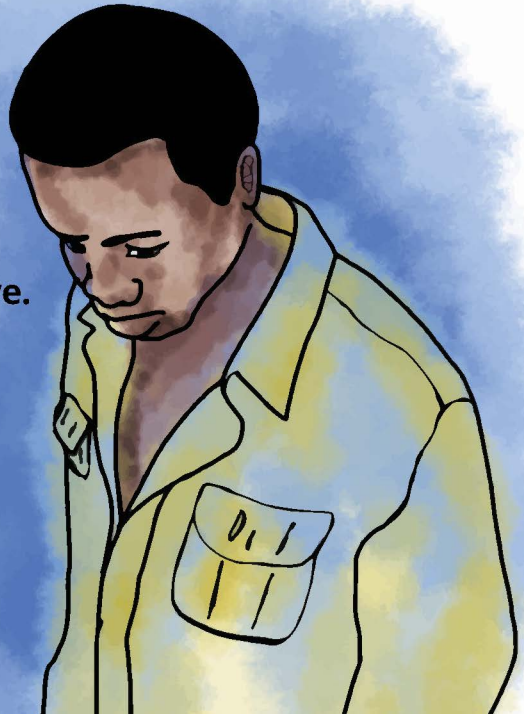
Sometimes I want to disappear.

What do you mean...?



**Sometimes, I feel like things
would be better if I weren't alive.**

**Our mother worked so hard
to bring us here, but I'm just a
burden on my family.**



STEPS to HELPING SOMEONE in NEED

Ask if they plan on hurting themselves.

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 think Wilson is depressed.
I hope he's not thinking of
hurting himself.*

*Wilson, are you thinking
of killing yourself?*

No...



*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?*



An illustration of a man and a woman holding hands. The man is on the left, wearing a light-colored shirt, looking towards the woman. The woman is on the right, wearing a red top and glasses, looking back at the man. The background is a soft, pinkish-purple wash. The text "I promise." is centered between them.

I promise.

GET INVOLVED!

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.

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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](http://nyc.gov/wespeaknyc)



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