

PROMISE ME



TEEN
HEALTH
COMICS

How can summer be over? It feels like high school graduation was just yesterday! Community college is cool and I landed a sweet job at the cafe. But I miss my friends. We went through so much together last year...and now I never see them. Until the other day...



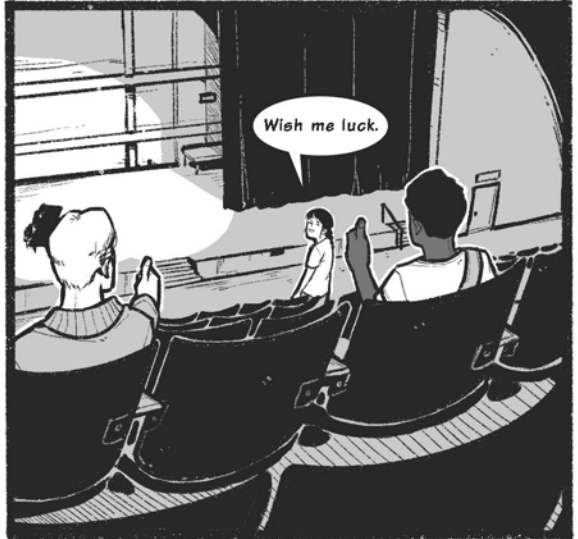
Layout and design:
Dan Mazur

Artwork:
Kuresse Bolds

SEPTEMBER





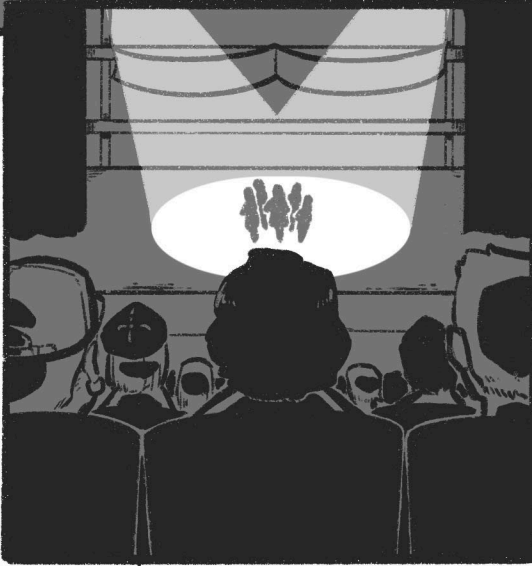






OCTOBER

HOMETOWN HIGH SCHOOL
HOMETOWN'S
FALL CONCERT
TONIGHT



JANUARY



FEBRUARY



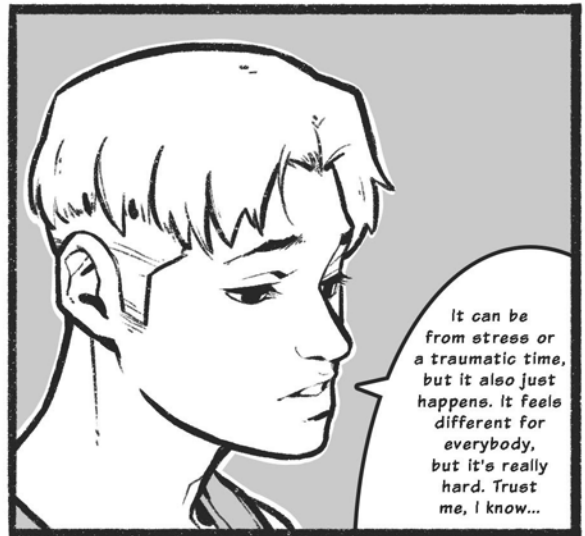
MARCH





$$5x^2(7xy^2 - 4xy^2 + 2y^3)$$







You would NOT believe what happened at work yesterday ...

... So this customer came in and wanted to order 10 drinks! And then he ...



Maya?



Hey??



EARTH TO MAYA!!



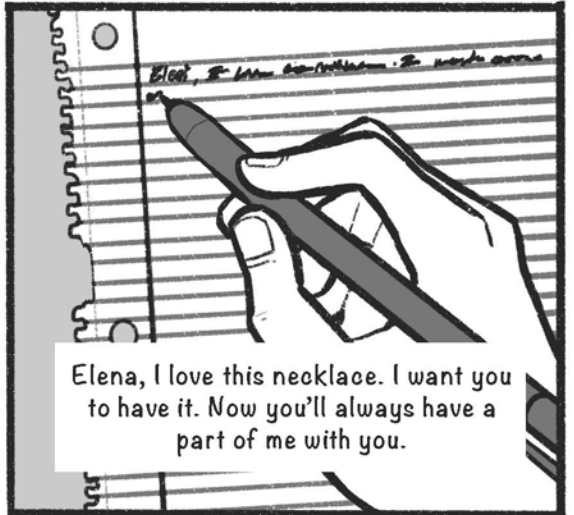
You ok??



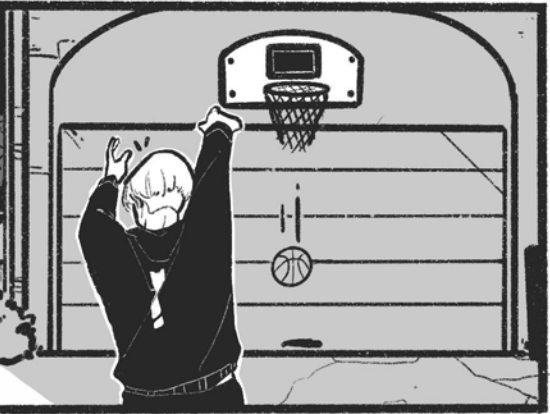
I feel so anxious all the time, like almost sick inside. The other day I started crying out of the blue. Some nights I can't sleep at all. Nothing's wrong in my life, but suddenly I feel like everything is just too much for me.

Sometimes I wish I could just check out.

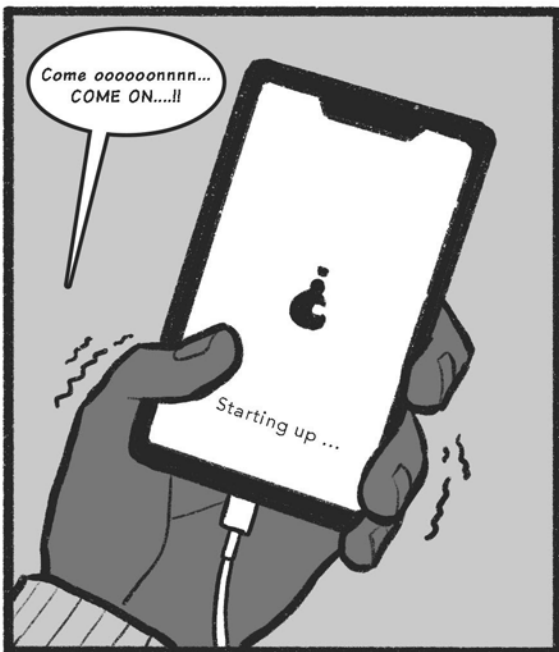
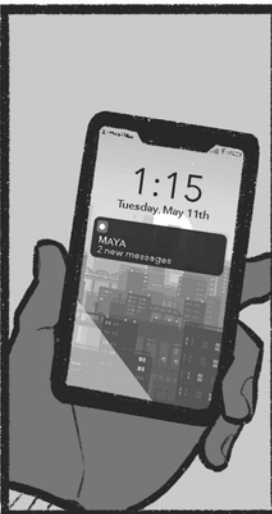


















I was. It was a couple of years ago.

YOU were depressed?



It felt like all the color drained out of the world. Couldn't eat, couldn't sleep. When it gets that bad, it can feel as though suicide is the only way but it's not.



There are so many people who care about you and want to help you. It may not happen right away, but you will feel better.

How can you be so sure?



I've been there. Trust me, I know. That negative voice in your head is the depression talking. Don't let it take over.

What did you do?



Let people in. THEN you can figure out what to do. It's different for everybody but the first step is knowing you need help.

Please, let me walk you home?



Maya, we had no idea. We're always here for you.

We'll figure this out together.

JUNE







What is depression?

Depression is an illness that can affect your thoughts, mood, and daily activities. It's common, but it can be serious. It's normal to feel sad sometimes, especially when you're dealing with a tough or stressful situation — but it usually passes with a little time.

Depression is different.

Depression can make you feel “down,” but it's more than just feeling sad. Some signs of depression are:

- Losing interest in activities you used to enjoy, like spending time with friends and family
- Feeling anxious, irritable, or restless
- Feeling sad, hopeless, numb, or “empty”
- Having trouble focusing, remembering things, or making decisions
- Sleeping too much or too little
- Eating too much or having trouble eating
- Thinking about death, suicide, or self-harm

Depression is different for everyone.

Some people with depression may only have a few of these symptoms, while others may have many.

Well-meaning friends or family may tell someone with depression to “snap out of it” or “just be positive,” but depression isn't a sign of weakness — it's a medical condition that happens because of a chemical imbalance in the brain. The good news is that there are treatments that work, including different types of counseling and medicines.

To learn more about depression, visit:

nimh.nih.gov/health/publications/teen-depression/

What are the warning signs of suicide?



Some of the warning signs of suicide are:

- Spending less time with friends and family
- Talking about feeling hopeless
- Acting upset or having extreme mood swings
- Taking risks, like driving recklessly
- Doing worse in school
- Giving away prized possessions
- Talking or writing about dying by suicide, even jokingly

If a friend tells you they are thinking about suicide, do **not** leave them alone – and do **not** promise to keep it a secret. Reach out to an adult you trust and get help as soon as you can.

How can I get help?

If you or a friend are struggling with depression or thoughts of suicide, you don't have to deal with it alone. You can tell an adult you trust – like a parent, teacher, or guidance counselor.

Call the **Suicide Prevention Lifeline** and reach trained counselors 24 hours a day, every day. It's free and always confidential (private):

- Call **1-800-273-TALK (8255)**
- Text HOME to 741741
- Visit CrisisTextLine.org

There are also special resources for teens who are lesbian, gay, bisexual, transgender, queer, or questioning (LGBTQ). To reach a trained counselor at the Trevor Project anytime:

- Call **1-866-488-7386**
- Text START to 678-678
- Visit TheTrevorProject.org/get-help-now/

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