

(800) 686-0101
ACCESS CALL CENTER

NATIONAL SUICIDE PREVENTION LIFELINE
(800) 273-TALK (8255)

Arranged by Siavash Zohoori, Office of Diversity and Equity

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smchealth.org/bhrsservices

Office of Diversity and Equity, 2019



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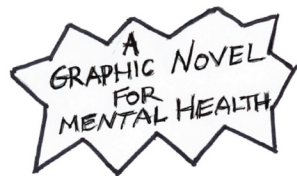
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#BETHEONESMC

WHERE
THERE IS
LIFE
THERE
IS

HOPE

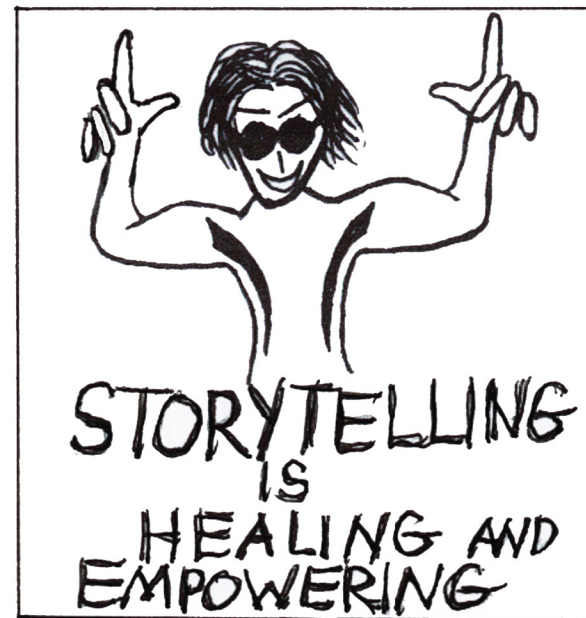
#BETHEONESMC: WHERE THERE IS LIFE THERE IS HOPE



Office of Diversity and Equity

The Office of Diversity and Equity (ODE) advances health equity in behavioral health outcomes of marginalized communities throughout San Mateo County. ODE's Storytelling Program empowers community members to heal and address issues within their communities. Participants engage in workshops that help them create and share their stories in different forms.

For access to the digital copy of this graphic novel as well as other stories, visit smchealth.org/comics. Contact ODE at ODE@smcgov.org for more information.



We All Need Help Sometimes.

For assistance in finding mental health and/or substance use services for someone who may be experiencing a mental illness and/or substance use condition, or for someone you are concerned about, call the Behavioral Health and Recovery Services ACCESS Call Center for information, an assessment, and a referral based on individual needs. You may contact the ACCESS Call Center at (800) 686-0101. The ACCESS Call Center is available 24/7 and language assistance is available.

For emergencies that need an immediate response, call or text 9-1-1 or go to your nearest emergency room.

In a crisis, you can also turn to the resources below.

24/7 Crisis Hotlines:

(650) 579-0350 – StarVista Crisis Hotline (San Mateo County)

1-800-273-TALK (8255) – National Suicide Prevention Lifeline

Text “BAY” to 741741 – National Crisis Textline

Psychiatric Emergency Services:

San Mateo Medical Ctr, 222 West 39th Ave, San Mateo, CA 94403 – (650) 573-2662

Mills-Peninsula Medical Ctr, 1501 Trousdale Dr, Burlingame, CA 94010 – (650) 696-5915

ASK DIRECT QUESTIONS

SO ARE YOU PLANNING ON KILLING YOURSELF?



YES.
I DON'T KNOW. I JUST DON'T SEE ANY OTHER WAY OUT.

ASKING QUESTIONS OR TALKING ABOUT SUICIDE DOES NOT PUT THE IDEA IN THEIR HEAD

CONNECT THEM WITH RESOURCES AND PROFESSIONAL HELP

IT'LL BE OK. I'M GOING TO GET SOMEONE YOU CAN TALK WITH THAT CAN HELP YOU FIGURE THINGS OUT.



MAYBE THERE IS HOPE AFTERALL



MEANWHILE, I'M GOING TO STAY WITH YOU.

I WANT YOU TO BE SAFE

NATIONAL SUICIDE PREVENTION LIFELINE (800) 273-TALK (8255)

LASTLY, A STORY OF HOPE

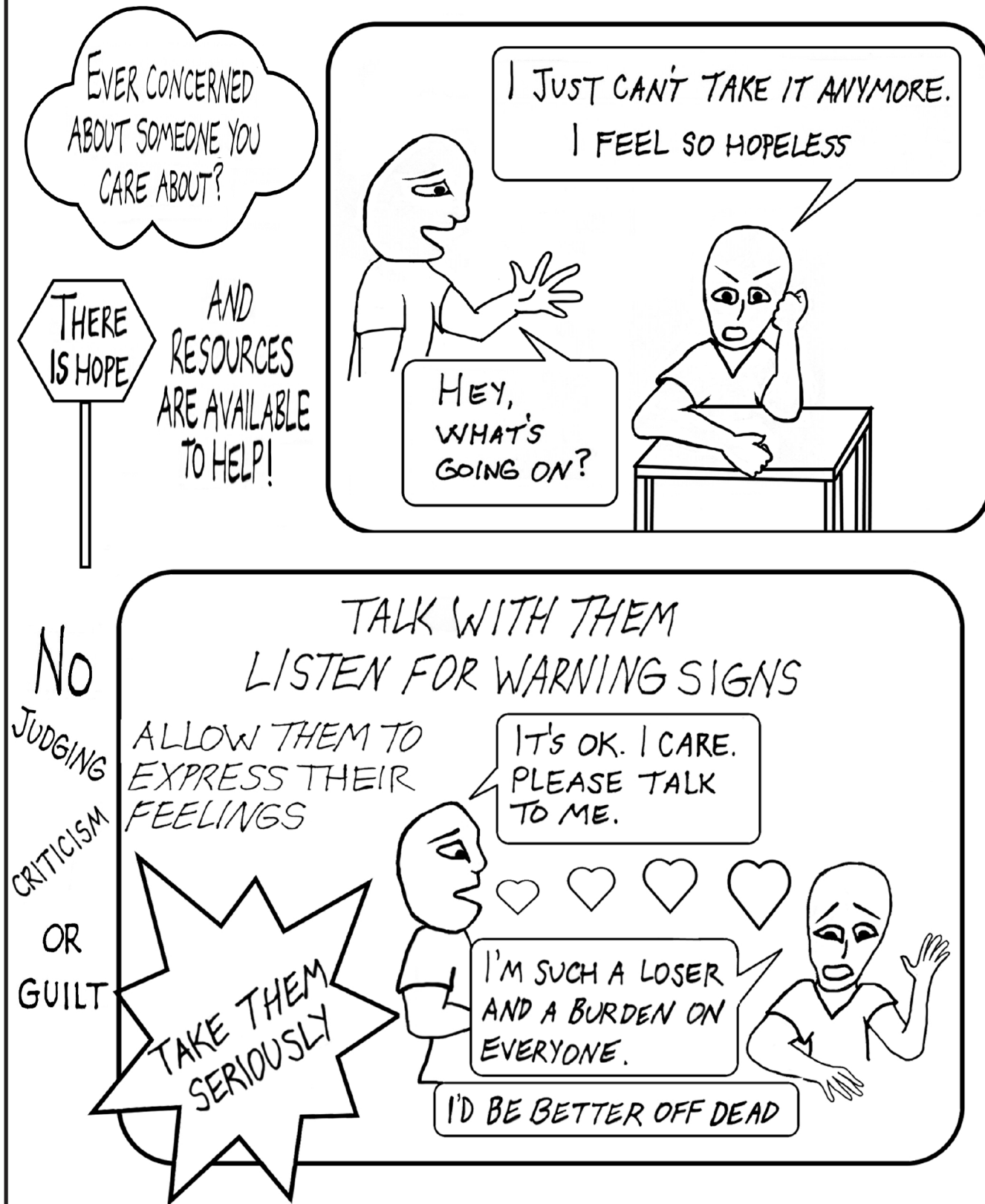
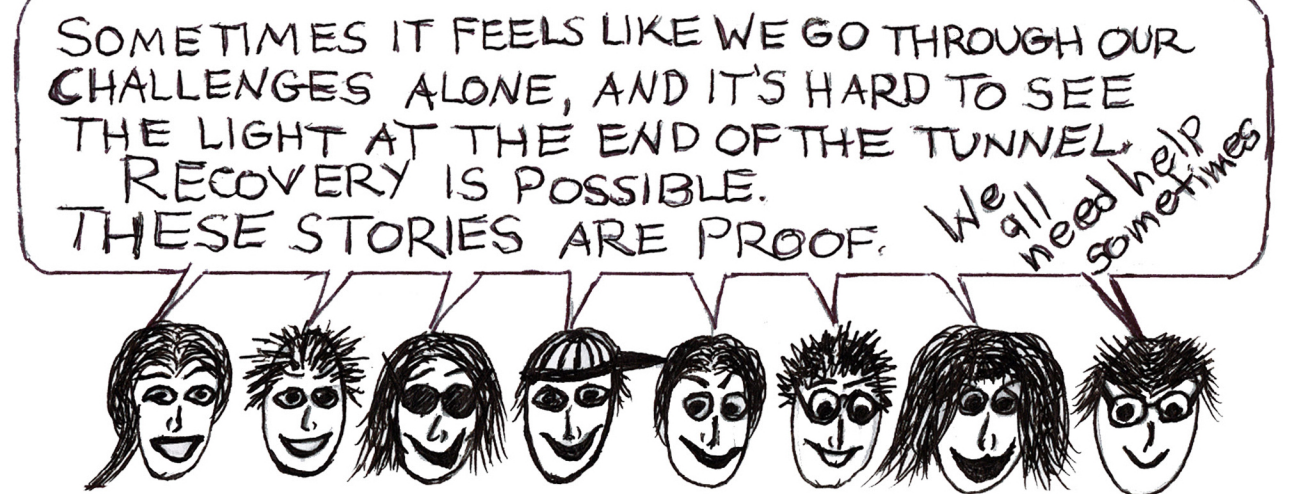


Table of Contents

These are the artists, authors, and consumers who have shared their lived experiences of recovery within these pages.

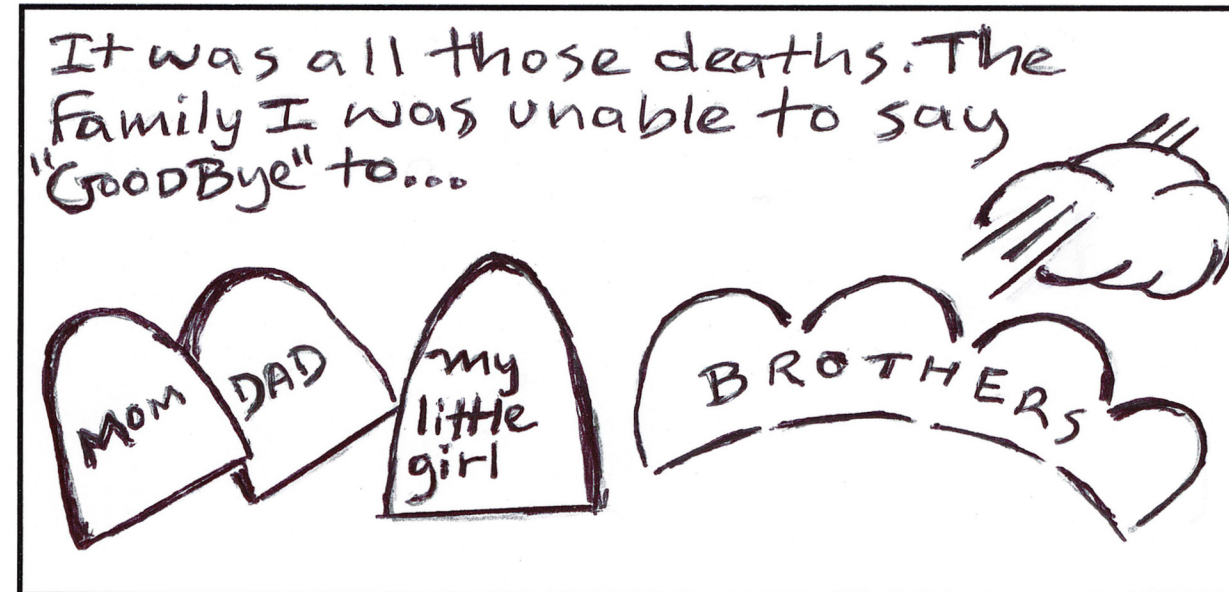
1. John Butler — *Take A Look At Hope*
2. Cecilia Roberts — *Go to the Sun*
3. Carlos Rocha — *A Time For Change*
4. Tatiana Lyulkin — *Take Back the Night*
5. Laura Hovorka — *From There to Here... In the Blink of an Eye*
6. Laura Hovorka — *A Story of Hope*

The stories in this graphic novel are dedicated to behavioral health consumers and their family members.

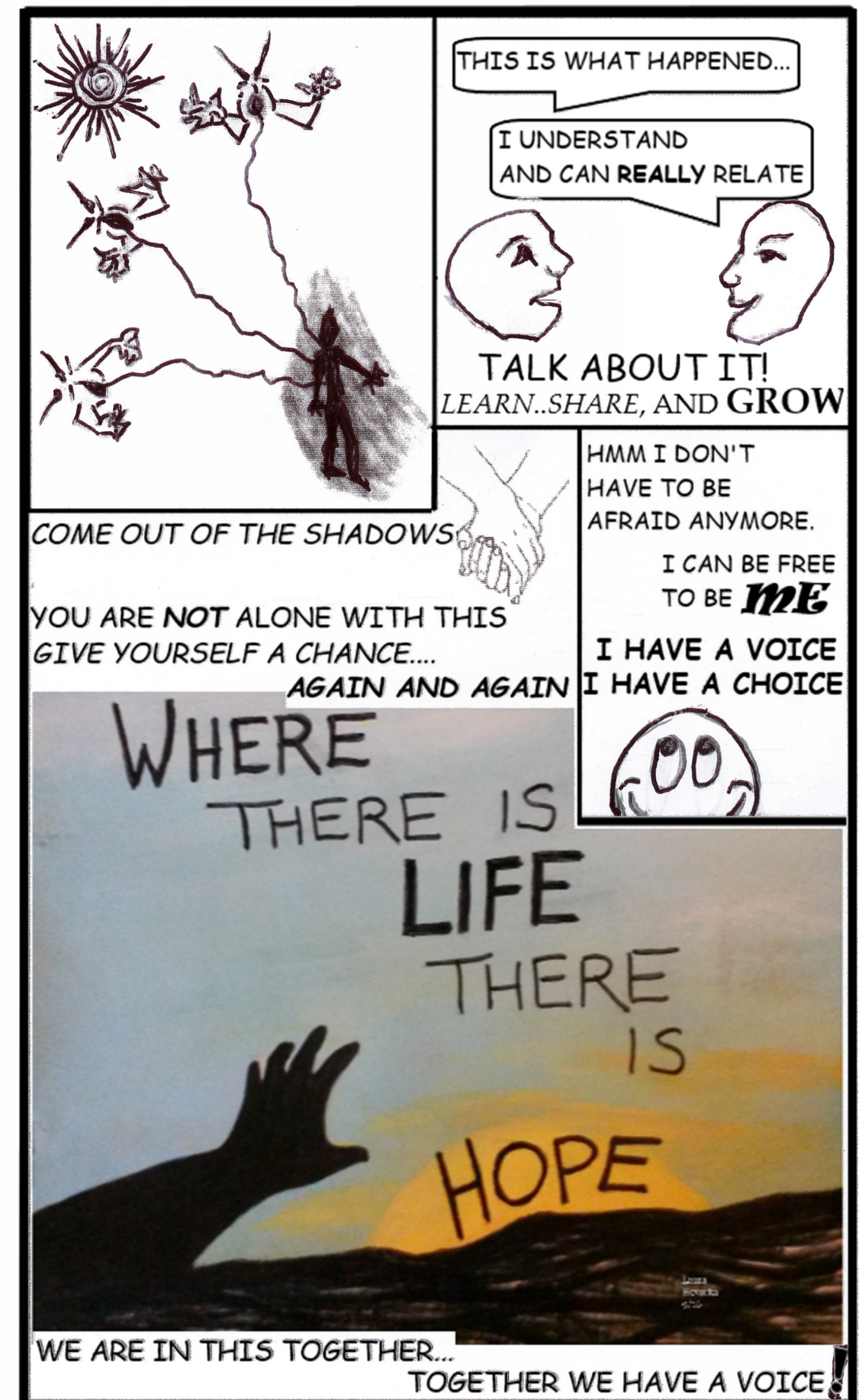
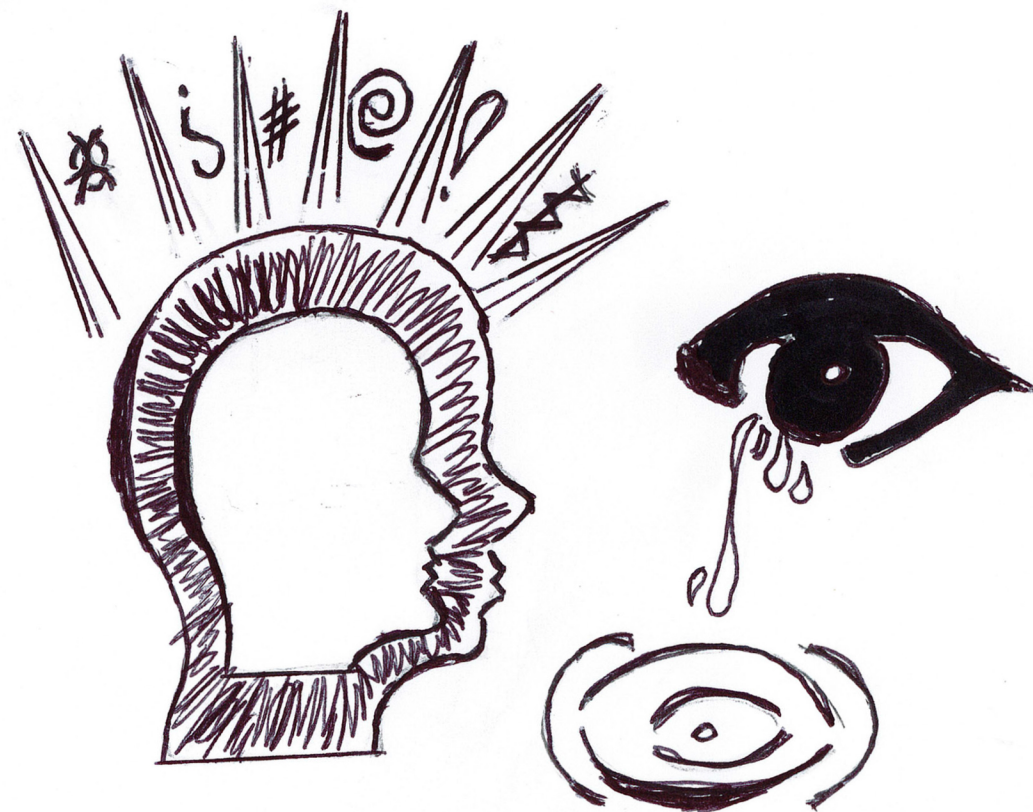


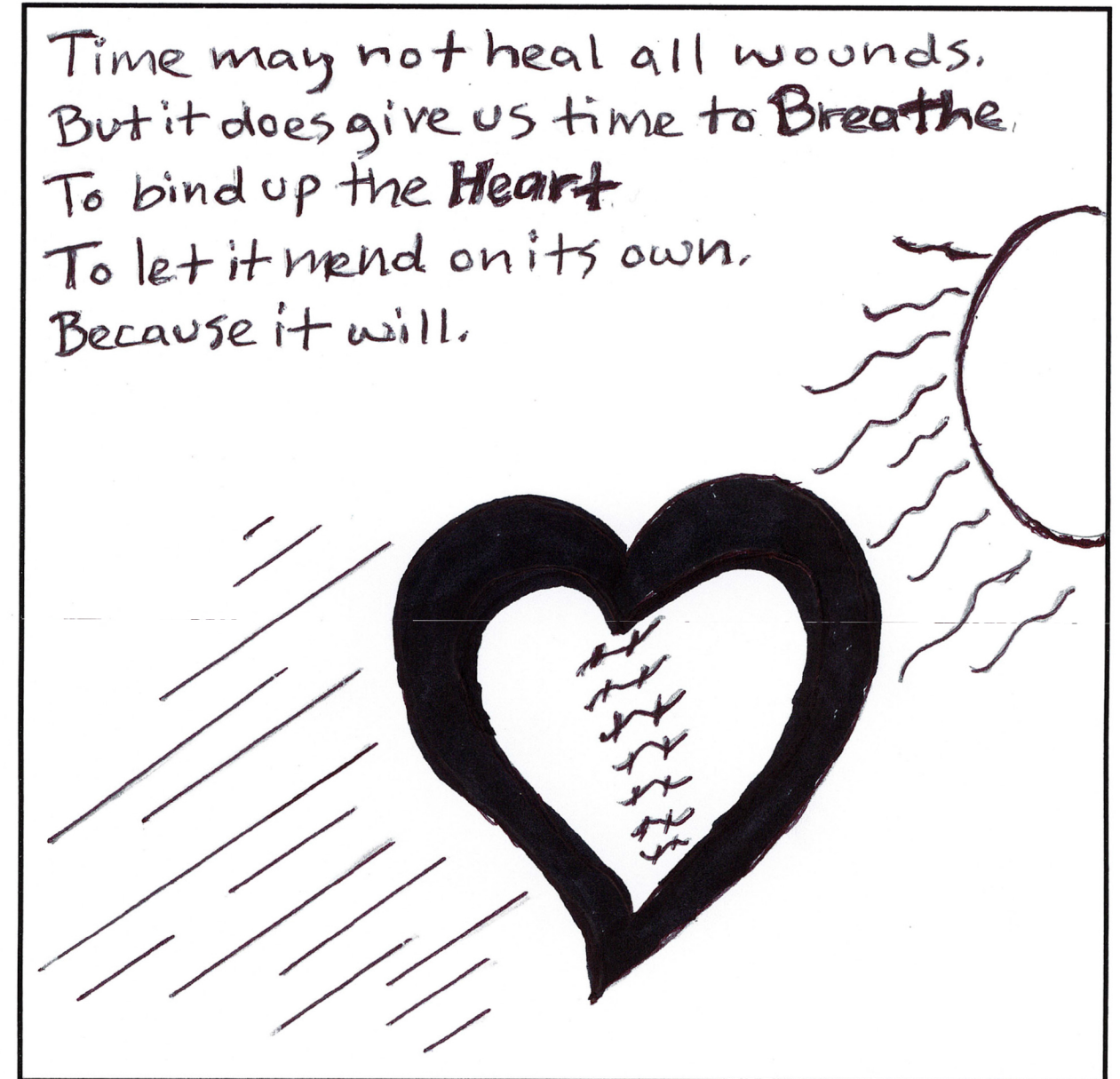
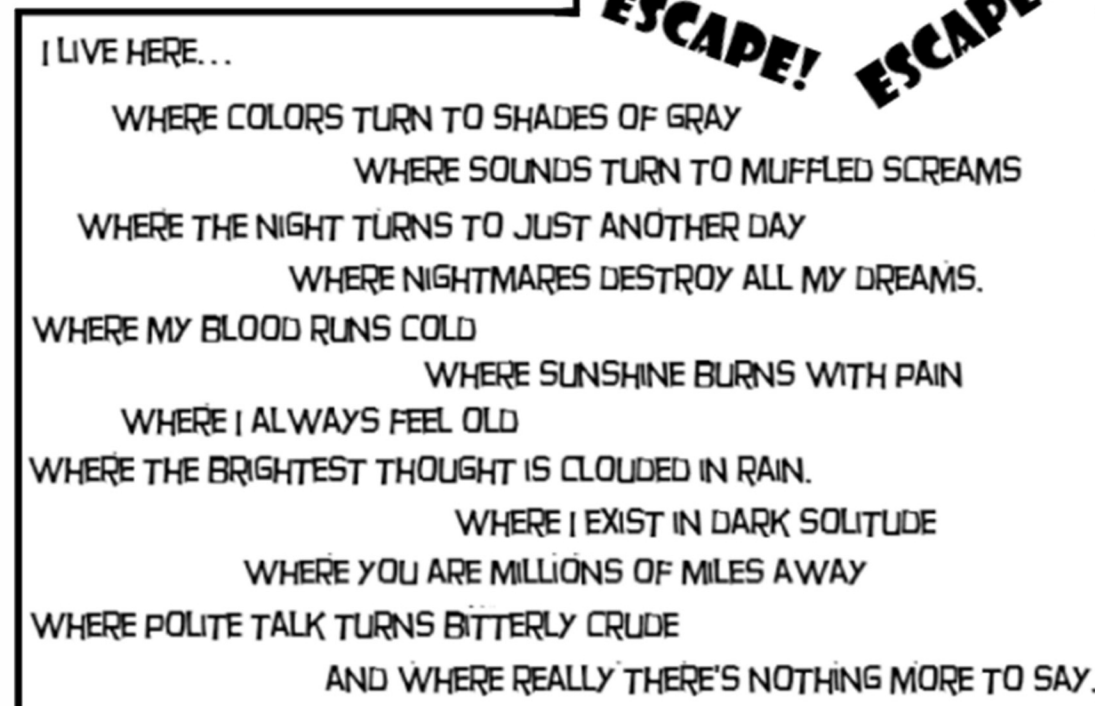
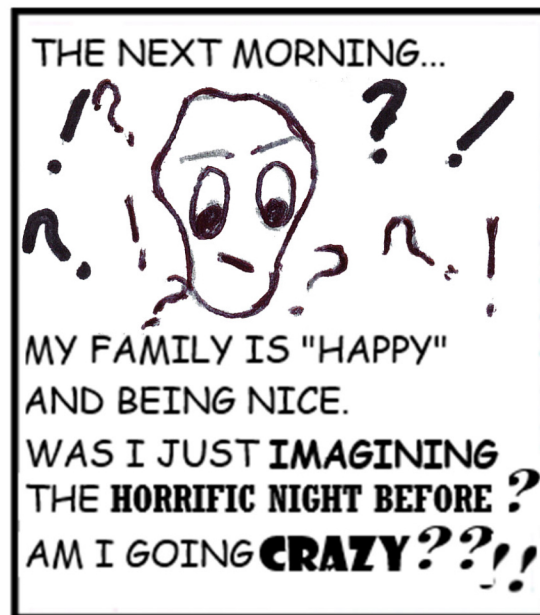
Special thanks to MayLynn Castañeto for your strength, you inspire us to reclaim our stories.

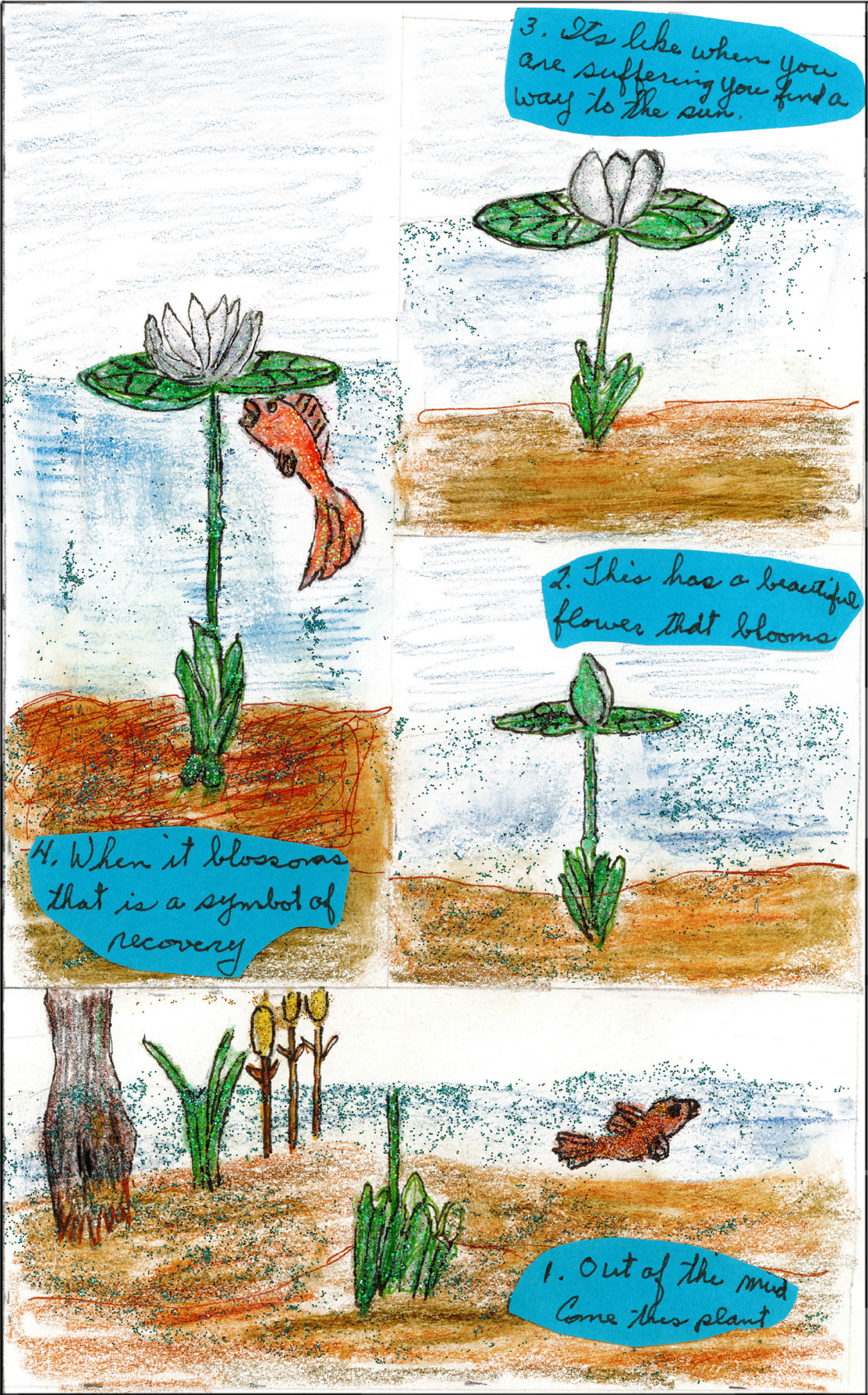
Stories are created by community members.
Views expressed do not necessarily reflect those of San Mateo County Health.



We're not supposed to call it insanity
But how else do you capture the reality
of excruciating mental anguish?
It leaves you numb and empty.







3. It's like when you are suffering you find a way to the sun.

2. This has a beautiful flower that blooms

4. When it blossoms that is a symbol of recovery

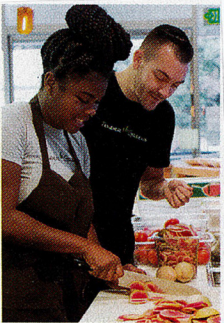
1. Out of the mud come this plant

The trauma you've been through is a part of you but it doesn't have to define you or control you.

The future is waiting for you, GO CLAIM IT!



chef
designer
survivor
poet
aunt



This is just the beginning.

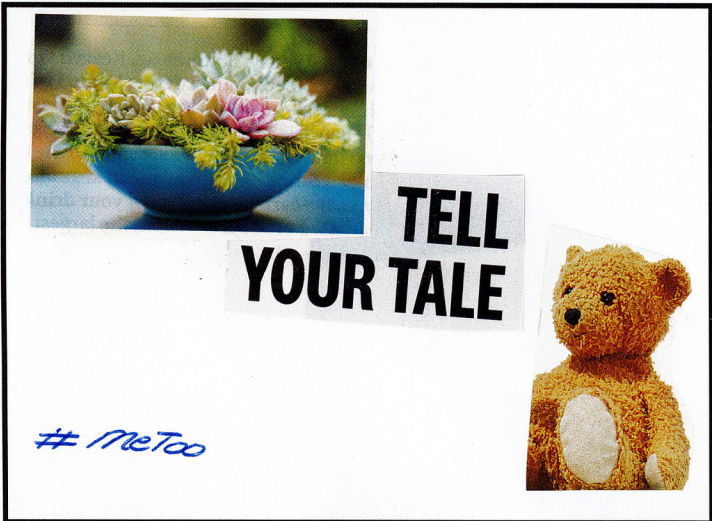
sister
citizen
godmother
scholar
photographer
child of God



Don't be afraid of the night - it is there to remind you of how beautiful the sunrise can be.



Even if you find yourself walking in total darkness, hold on to the tiniest glimmer of hope and do all you can to make it grow.



*I'm still not
sure where
trauma ends
and mental
illness begins.*

SURVIVOR

Don't fix what's not broken,
I'm no longer afraid of the night,
Of walking down a deserted street alone,
Of touching a man's hand.

Don't fix what's not broken,
I'm no longer a victim of circumstance,
I'm a bird whose wings have mended,
I'm shedding my old skin.

Don't fix what's not broken,
I'm composing a new chapter of my life,
There is a brand new day waiting for me,
I'm a survivor!

Tatiana Lyulkin
April 2019



Cecilia Jane Robert

