

# #BETHEONESMC

WHERE  
THERE IS  
LIFE  
THERE  
IS

HOPE

#BeTheOneSMC: Where There is Life, There is Hope  
A Graphic Novel For Mental Health  
The First of Its Kind

San Mateo County’s Office of Diversity and Equity’s (ODE) Storytelling program is excited to present this graphic novel, *#BeTheOneSMC: Where There is Life, There is Hope*. This is San Mateo County’s first ever consumer-led graphic novel on mental health and substance use recovery.

Storytelling is Healing & Empowering

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. Beginning with a framing question, facilitators support participants to share their stories.

For access to the digital copy of this graphic novel as well as other stories, visit [smchealth.org/stories](https://smchealth.org/stories).

ODE EMAIL ADD  
county views reflected  
prop 63

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.

For emergencies that need an immediate response, call 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:  
1-800-273-TALK (8255) – National Suicide Prevention Lifeline  
650-579-0350 – StarVista Crisis Hotline (San Mateo County)  
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



[www.smchealth.org/bhrs](https://www.smchealth.org/bhrs)

Table of Contents

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

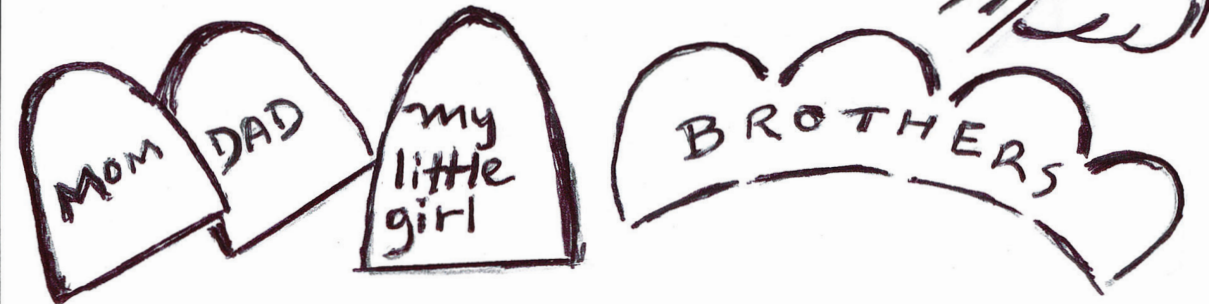
- 1. John Butler – *Take A Look At Hope*
- 2. Cecilia Roberts /
- 3. *Insert Title Here*, by Carlos Rocha
- 4. Tatiana Lyulkin
- 5. MayLynn Castañeto
- 6. Laura Hovorka -

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

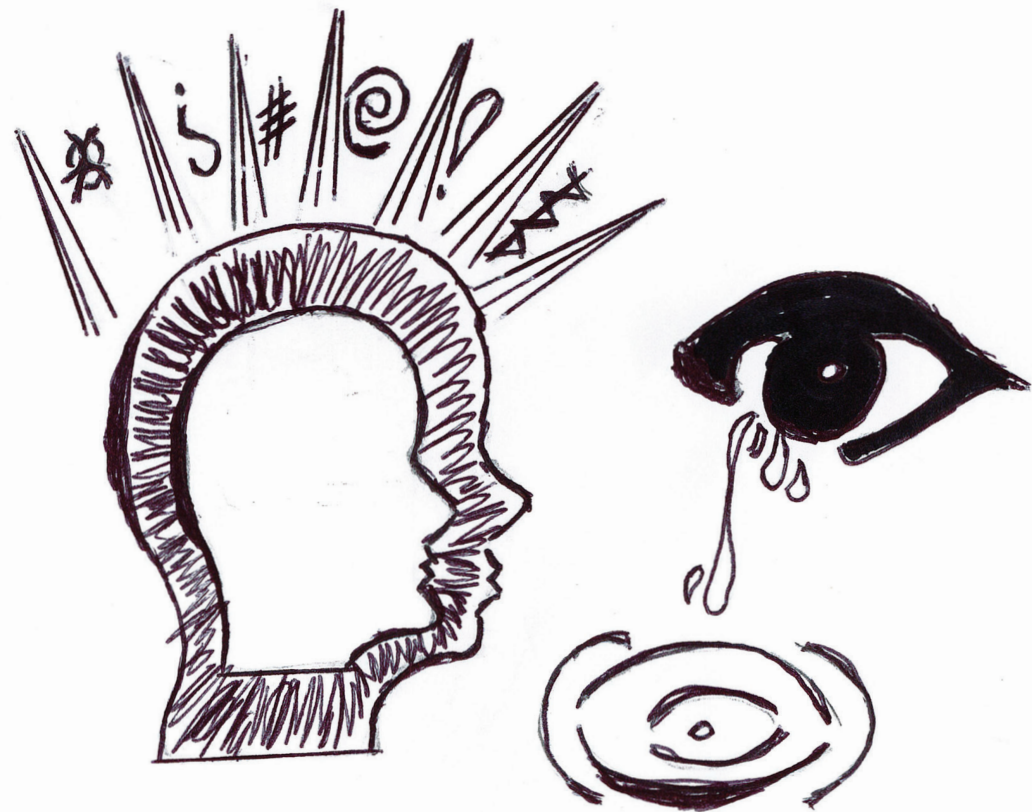
*Sometimes it feels like we go through our challenges alone  
and it is hard to see the light at the end of the tunnel.  
Recovery is possible.  
These stories are proof.*



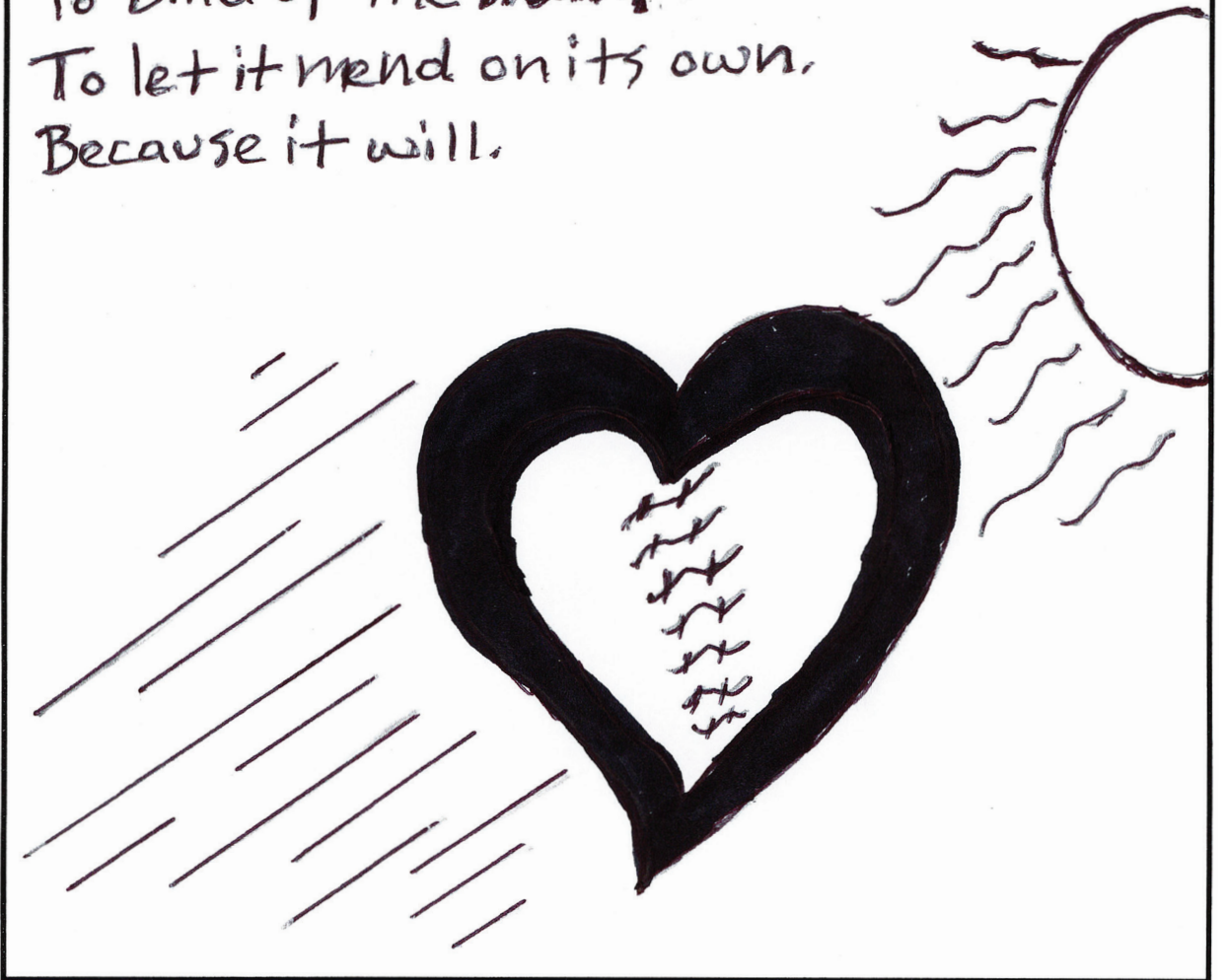
It was all those deaths. The  
Family I was unable to say  
"GoodBye" to...



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.



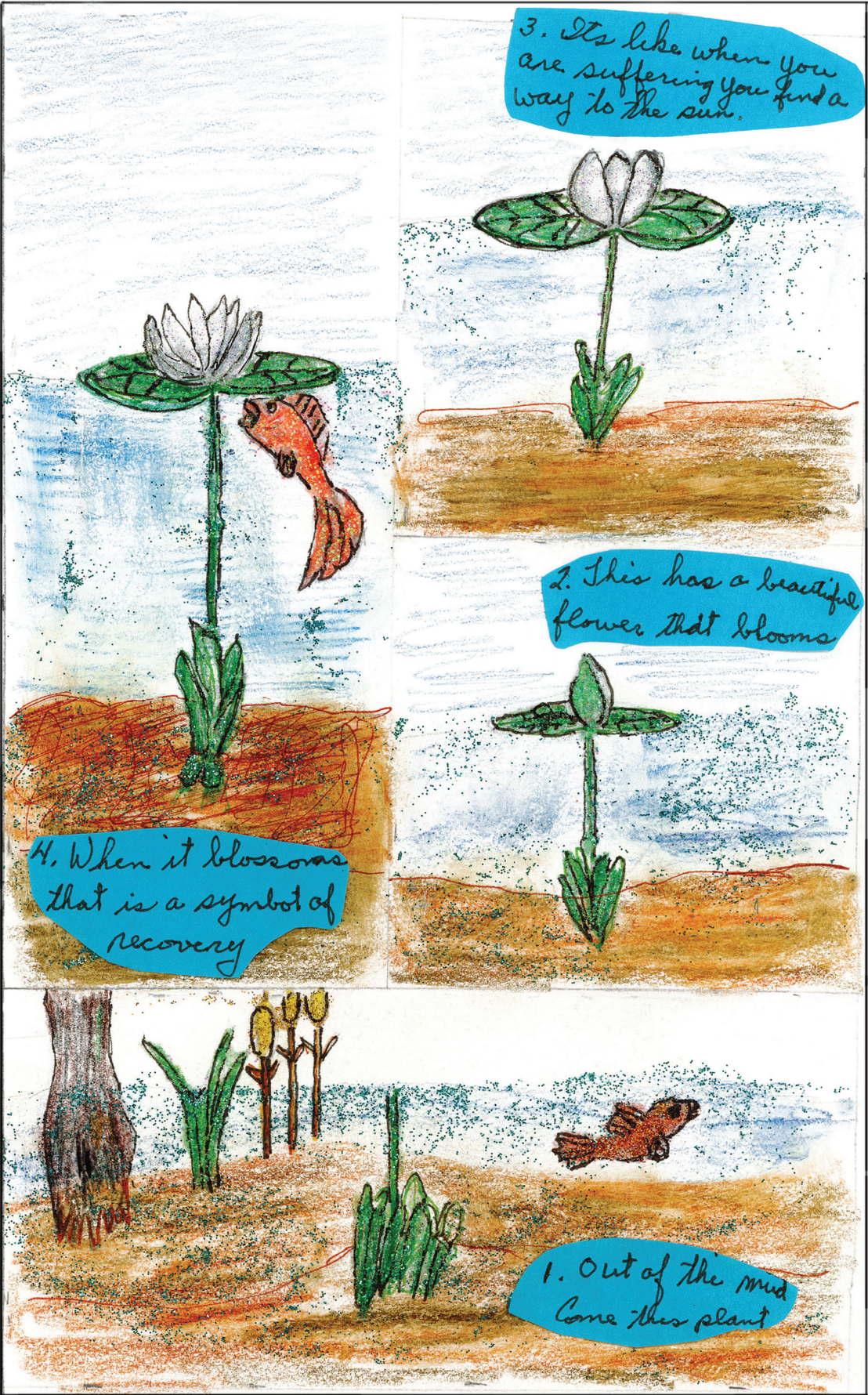
Time may not heal all wounds,  
But it does give us time to **Breathe**.  
To bind up the **Heart**  
To let it mend on its own.  
Because it will.



Give it time. Take a look at **Hope**.  
Open your **Heart** now.  
Take the hand of  
the one who reaches to yours

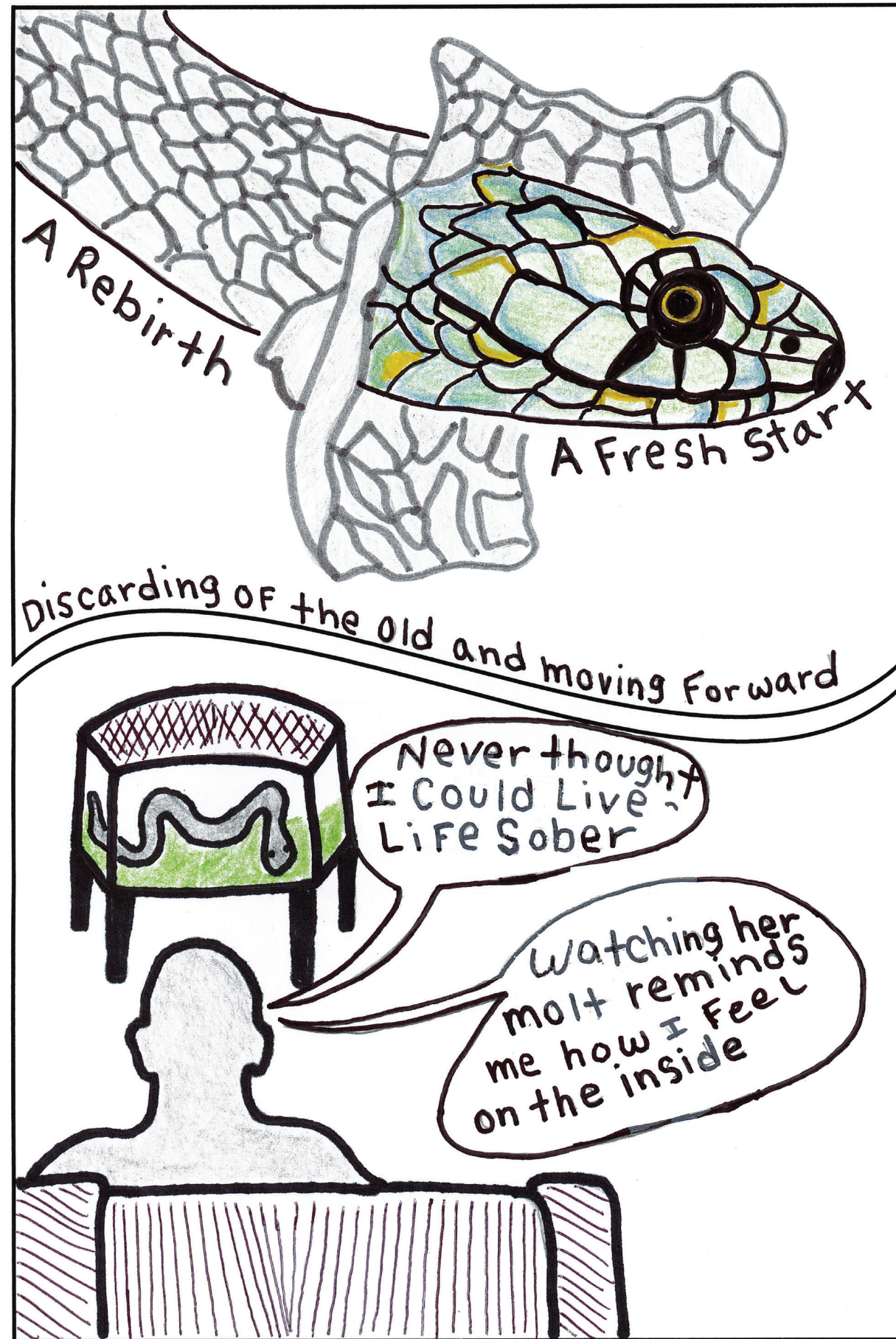







Cecilia Jane Robert











**TELL  
YOUR TALE**



#MeToo


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




Family is

The Hell 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.

