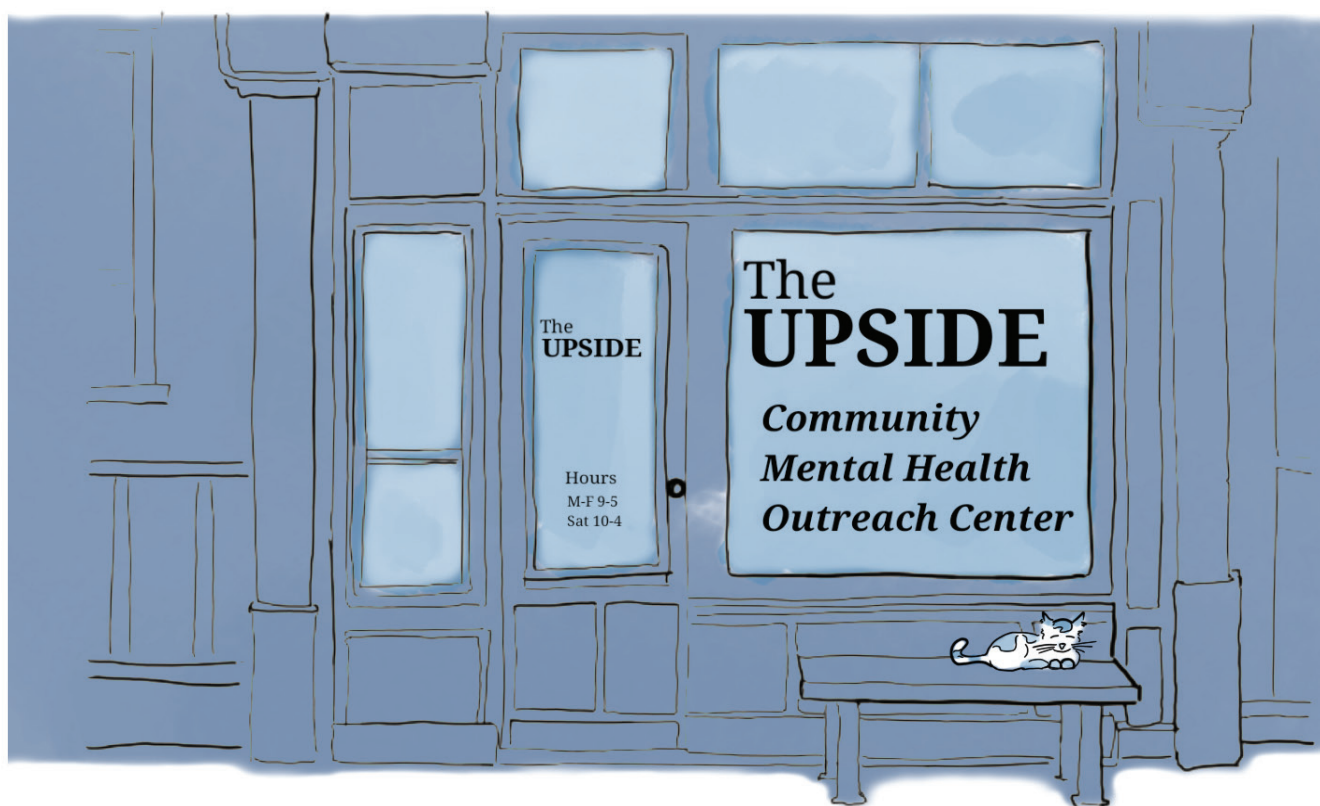


The UPSIDE Story

Raising Awareness of
Youth Mental Health
Through Creativity



Designed and Illustrated by Amanda Lipp and Chris Ferrell



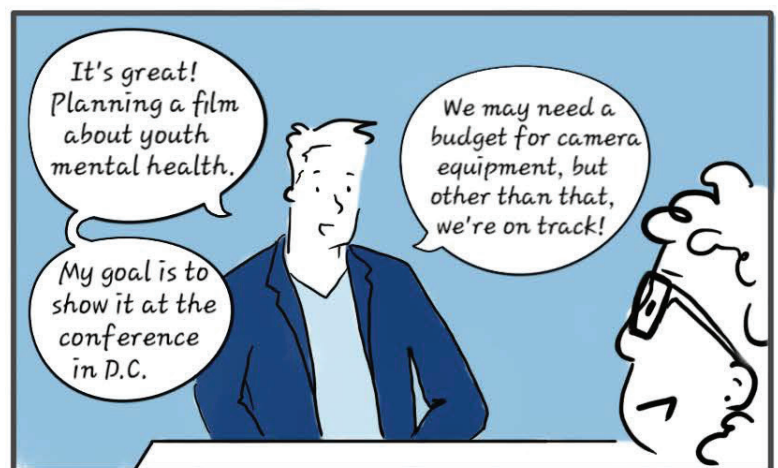
My name is Alex,
and this is my mental health story.



This is my city...



This is where I give back to my community.

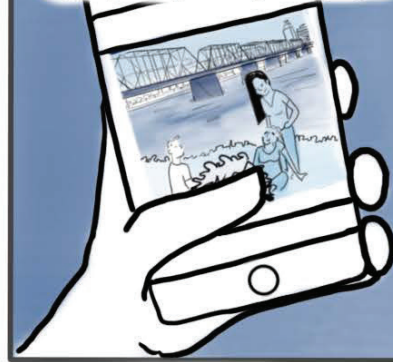


It's hard to believe that five years ago I wasn't doing so well...

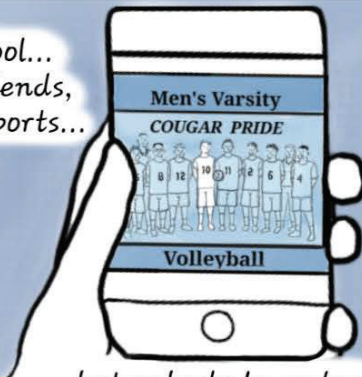


Now I lead a youth group working to build mental health awareness in my community.

But back then, life felt pretty empty...



High school... I had friends, played sports...



...but nobody knew how depressed I really was.

One of my teachers recommended a counselor, but I never went.



I went to college, but my grades and depression just got worse.

I started to pull away from family and friends...



They didn't know that I was suffering, and I didn't speak up.

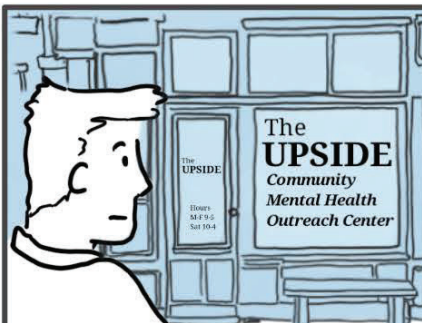
I reached my lowest point and felt all alone.

Then I found a job posted on social media...

Youth Leadership Position

Are You...
- Creative
- Motivated

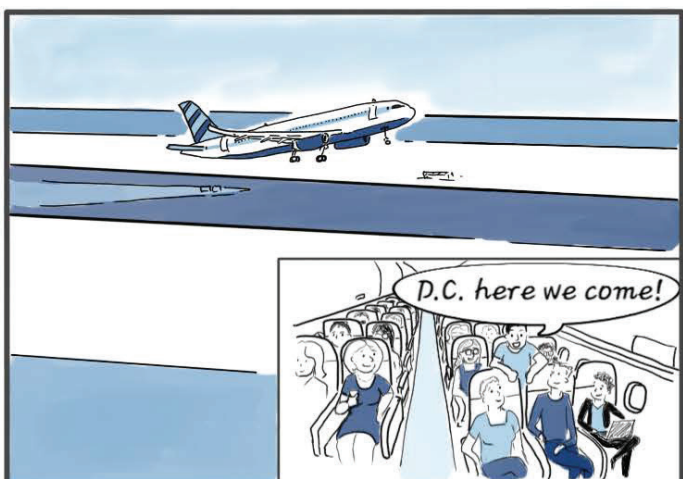
...leading a youth project focused on mental health

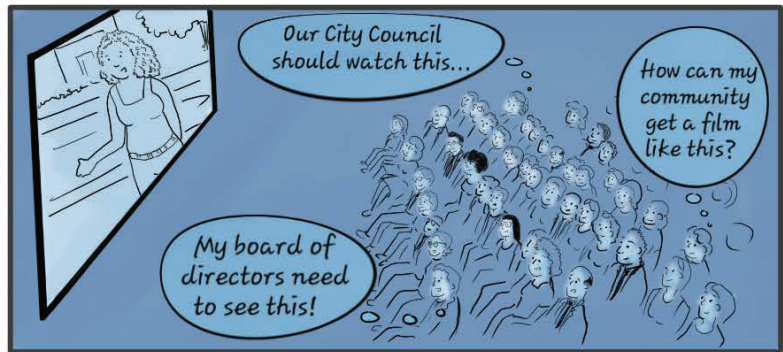
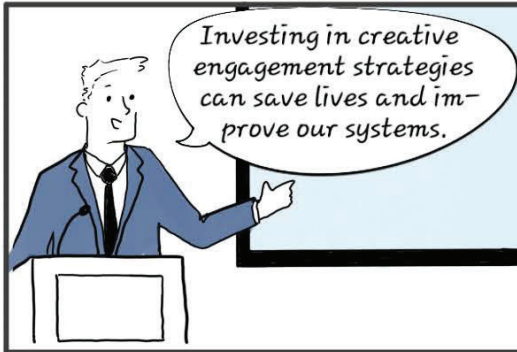
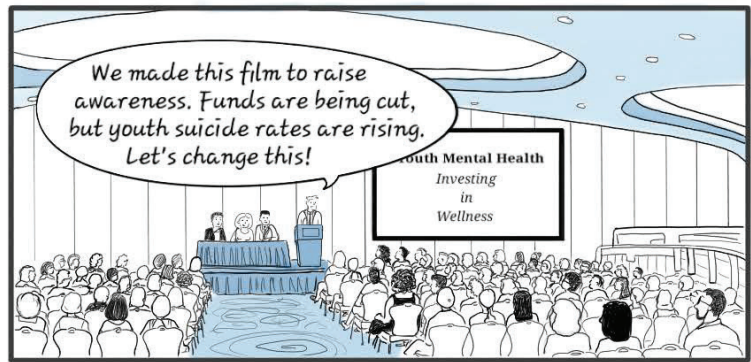


I was nervous, but getting involved really helped me.



Now I get to use my creativity to help others.





Behind the Scenes: *The Upside Story*

Raising Awareness of Youth Mental Through Creativity

Story Summary:

This comic book follows the story of Alex, a young mental health advocate who walks us through their journey: from struggling with depression in college, to leading a youth council to produce a film about youth mental health at a national conference in Washington, D.C. This story illustrates themes related to peer-to-peer collaboration, cross-system partnership, and creative social marketing.

The Power of Stories:

This comic book may serve as an engagement tool for youth, families, community leaders, and health providers. It may influence help-seeking behavior for youth who are struggling, or be a tool to advocate for policy-change and funding at the local level.



The Healthy Transitions Initiative:

The overall goal of the Healthy Transitions Grant Program (NITT-HT) is to improve access to treatment and support mental health services for youth and young adults' ages 16 – 25. The Substance Abuse and Mental Health Administration (SAMHSA) awarded grants to 17 states in the U.S. Efforts include enhancing cross-system collaboration, implementing evidence-based practices, and increasing awareness of youth mental health through social marketing efforts and youth leadership opportunities.

Designed and illustrated by Amanda Lipp and Chris Ferrell.



This product was developed under contract with the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS).