

Story Card



Marv Griffin



Ruth Ann Kowalski



Jerry Sasquatch



Vanessa Stewart



Is it real, or is it a myth?

As our mythical creatures point out to us, they are very real – and so are mental health issues. We can't see mental illness the way we see other illnesses, so we have to be on the lookout to make sure friends and family (and ourselves) get the right support to be mentally healthy.

Episode 9

Marv or Myth Talking About Mental Health

Marv Griffin

He is everybody's favorite mythical talk show host. All the big stars want to talk with Marv, and Marv wants everyone to talk about mental health.

Ruth Ann Kowalski

Are hodags real? Ruth Ann is walking, talking, lunchbox-carrying proof that they are. This Midwestern mom is making the most of her time in the spotlight to make sure everyone gets the help they need.

Jerry Sasquatch

You can sum up everything about Jerry with three letters: B.I.G. He talks big. He laughs big. He is big! And he's really big on making sure everyone knows they have what it takes to do something positive about mental health.

Vanessa Stewart

Who knew the Loch Ness Monster had so much good advice about how we can take care of one another? Even when she's being chased by paparazzi, she has time to look out for us.

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Marv or Myth Talking About Mental Health



Five Cartoonversation™ Starters

1. What should we do if someone in our family is struggling with mental health issues?
2. What should we do if we think we might be struggling with mental health issues?
3. Work with a friend and think of three ways we could help people understand mental illness.
4. When you are having a bad day or feeling out of sorts, what do you wish friends and family would do to make you feel better?
5. What would you do if a friend or family member said they were thinking about hurting themselves?

Five Factoids

1. One in five Americans will have some form of mental illness at some point in his/her life.
2. One in 25 Americans will suffer mental illness that is serious enough to interfere with one or more major components in life (work, relationships, education, etc.)
3. Depression, like other mental illnesses, is a medical condition. It is not something that people can just shake off.
4. Mental health conditions affect one in five children between the ages of 13 and 18.
5. If someone close to you suffers from mental illness, it is important to express your support for him or her – out loud.

Five Websites

For more information on mental health visit these websites.

1. TeenMentalHealth.org
2. nami.org (National Alliance on Mental Illness)
3. MentalHealth.gov
4. nimh.nih.gov (National Institute of Mental Health)
5. Chillaxteens.com



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