MOSTLY SUNNY

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Health Institute of Split-Dalmatia County

Department of Mental Health Care and Outpatient Treatment

For the publisher: MSc Jasna Nincevic, MD epidemiologist

The comic was created as a product of "Mostly Sunny"project activities, with the aim of stimulating the emotional development of children and young people.

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Dinko, Mihaela, Katarina, Tomislav, Martina, Jure, Edita, Hrvoje, Ema, Ivan, Petra, Roko and another Jure.

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Children and young people participating in project activities

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How's the weather there? How do you feel today?

In certain situations, children, young people, and often adults need help in understanding and coping with their emotions. Emotions can become deep and can become a burden if they are isolated, suppressed or hidden from others, from yourself.

Sometimes, the inner sources of fear and sadness can make us behave hastily which is not always a useful occurrence. If you are able to talk about your emotions, you will realise that you are not alone in your troubles, and together with a close person or a professional you will find the solution, the way out of your problems. Then you will be able to overcome and accept difficult moments. If you think your problem cannot be solved quickly, through conversations you can find the comfort and support we all need!

I would like to thank everyone who contributed to the creation of such unique project materials and who decided to draw the public's attention to the importance of the protection and improvement of young people's mental health using the authentic comic book medium, for their personal and professional open-mindedness, creativity and courage!

A special thanks to the children and young people: "Along with drawing, photography, singing, playing, there is a film – only inside my head, like a daydream or a comic..."

S.C. 16 years old.

***Zeljko Kljucevic**, MD Psychiatrist*

Head of the Department of mental health care and the outpatient treatment

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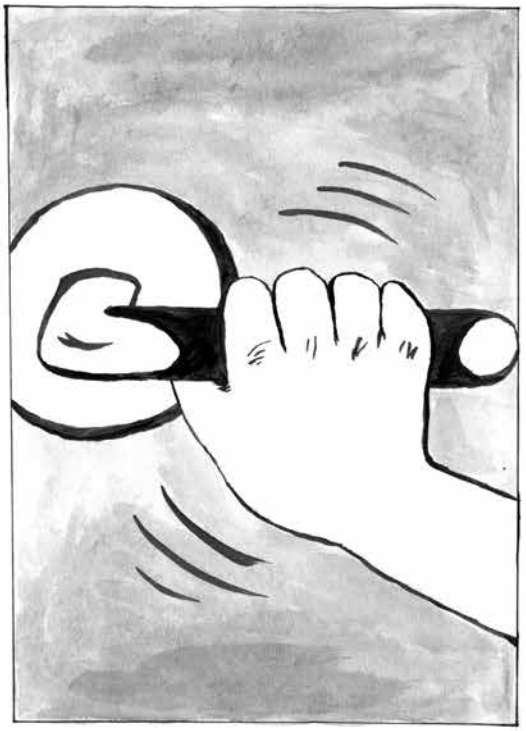

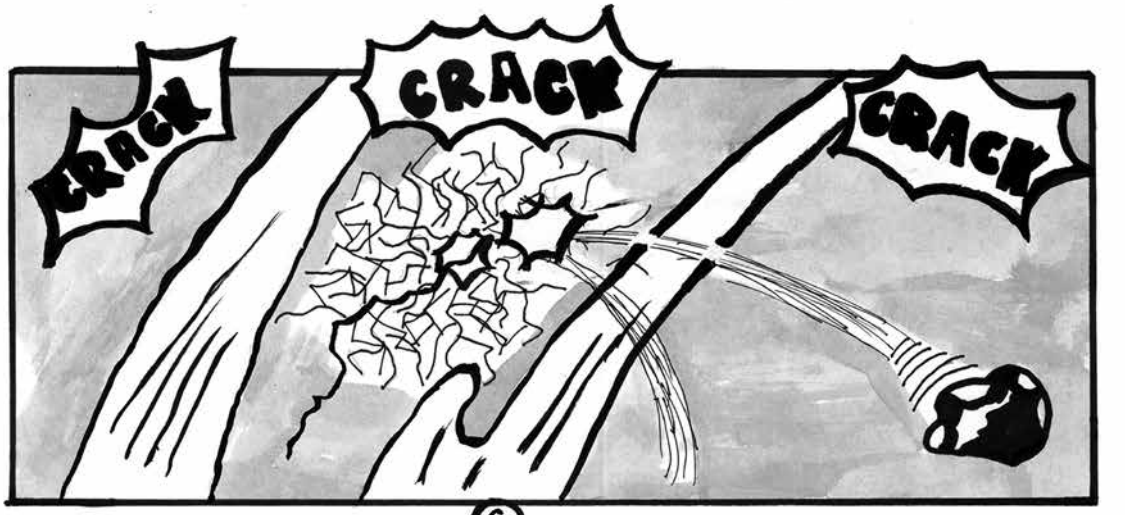
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What young people said ...

PROJECT MOSTLY SUNNY – **The Invisible Wall**

"Invisible walls" can indeed be "real". Even though they are not visible to the naked eye, we can feel them inside us and around us, they can become a serious obstacle. Sometimes it is more difficult to take a step forward than to take a few steps back. It is not easy to tear down invisible walls because we fear that someone could hurt us and this is why we form these walls around us. We feel safer being isolated playing games rather than being with friends.

Sometimes we do not want any changes. Our own company is enough for us. Everyone creates an invisible wall in their lives which inhibit our achievement of certain goals.

When we decide to take matters into our own hands then other people will help us, as we will help ourselves.

Friendship requires effort because it is one of the most valuable things, and when someone is willing to help you it is a wonderful feeling. New attempts give us new possibilities for success.

Fearing failure is not failure. Giving up on the attempt to succeed is a failure. A person often needs other people. We need other people to motivates us, move us and sometimes force us to do something, and only then can we help ourselves!

Don't give up, neither will we...!

A focus group of Medical High School students and Center for Mental Health of Children and Youth beneficiaries, who's aim was the evaluation of project activities through comics.

"Not every result is an end in itself, therefore this result is intended to create a clearer cognition and communication of the participants, because art mediums are a form of communication with the person holding this comic book. Personal engagement is necessary in order for the comic and emotions to be clear."

Comic Book School workshop leaders

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