

Let's Stay Together

Happy

Hey, what are you two doing sitting over here? The rest of us are putting together a puzzle at the table. Do you want to join us?

Sad

No. It's no use trying to do anything.

Go on, Happy, we'll just keep each other company for right now. Sad is my only friend.

Maybe forever.

Hey, Sad. Nothing is forever.

It feels like it's always like this. Always.

Happy, it's no use.

Maybe if you joined us at the table, you would feel better.

I could go with you, but then Sad would be... lonely.

It's ok. You can leave me to play with Happy. If you want.

Are you sure?

No.

Well gee whiz, Sad.

You two seem to be stuck together.

We are related.

I should have known! You two look a lot alike.

Lonely



Depression and Bipolar
Support Alliance

©2020 Depression and Bipolar Support Alliance

Let's Stay Together

Happy

It's our eyebrows.

Yes, that's what it is.
Hey, I have an idea!

Oh no, I'm afraid it won't
be a good one.

Not good enough to fix how
bad we are feeling right now.

Oh, I don't want to fix
you two. You're not broken!

But, we can't even get out of this corner.

It's ok, for now. You
won't always be here.

We won't?

Of course not!

How do you know?

Well, because I've seen
you two other places...
on the playground...
at lunch... in class...

You're right.

I guess we're not always
in this corner.

How about I sit here with
you for a little bit.

I like you sitting here with us.
Don't you, Sad?

Yes. I like talking to you, Happy.

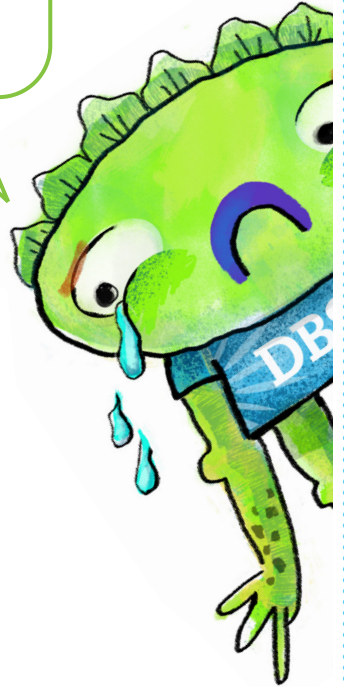
Being with others
helps us sometimes.

I do feel less alone now.

Maybe doing a puzzle would
help us even more...

Let's give it a try!

Sad



Lonely



Questions for learning:

- What are things that make you sad or lonely?
- What are things that make you happy?
- What helps you feel better when you're sad?
- Are you able to talk to your friends or family when you feel lonely?