

# CÓMICS QUE CURAN

Volume 1



# CÓMICS QUE CURAN

## Volume 1

The work in this anthology was written and illustrated by participants in DSTL Arts's Artist Residency Workshops program, "Cómics que Curan" series, and first printed in February, 2020. All rights reserved. No part of this publication may be reproduced in any form without written permission from the Los Angeles County Department of Mental Health.

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**Cover Artist:** Anthony Rivera

**ISBN:** 978-1-946081-38-4

10 9 8 7 6 5 4 3 2 1

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**Comments, questions, requests for additional copies may be directed to:**

Los Angeles County Department of Mental Health

Underserved Cultural Communities (UsCC)

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LOS ANGELES COUNTY  
**DEPARTMENT OF  
MENTAL HEALTH**  
hope. recovery. wellbeing.

***Cómic que Curan: Volume 1*** represents the culmination of a 10-week series of comic book writing and illustration workshops funded by the Los Angeles County Department of Mental Health, and conducted by DSTL Arts, a nonprofit arts mentorship organization that inspires, teaches and hires emerging artists from underserved communities. This workshop series engaged a diverse group of Latino youth, ages 16 to 25, at the Los Angeles Public Library–Vernon Branch with the aim of creating conversations surrounding mental health and the larger community. The workshop participants learned and applied the tools of visual storytelling through their own 2-page comics, exploring topics such as depression, social anxiety, and Autism. Every workshop participant worked diligently to create stories that artistically portrayed mental health topics that were, in some cases, personal and of particular significance to them.

By drawing inspiration from their everyday life and personal experiences, the featured artists in these pages hope to reduce stigmas that are often associated with mental health services and conditions. In these pages is a sincere attempt to open conversations related to mental wellness, and the types of support available to our community.

It is the hope that this anthology of 2-page comics encourages the Latino community to have candid conversations relating to mental wellness and emotional health. It is the hope that this anthology empowers others who might share in the kinds of emotions our artists portrayed through their comics, and helps those individuals feel less alone. It is the hope that these comics support, as well as heal, through new mental health conversations we will have in our community.

*Luis Antonio Pichardo*  
Founder, Executive Director



**THIS PUBLICATION WAS FUNDED BY THE LOS ANGELES COUNTY DEPARTMENT  
OF MENTAL HEALTH THROUGH THE MENTAL HEALTH SERVICES ACT AND  
PRODUCED BY DSTL ARTS WITH ADDITIONAL SUPPORT FROM:**



WELLNESS • RECOVERY • RESILIENCE



# **FEATURING THE ARTWORK OF:**

Anthony Rivera

Cynthia Reyes

Daniel Reyes

Denice Salas

Destiny Villatoro

Eduardo Flores

Esmeralda Flores

Jocelyn Godinez

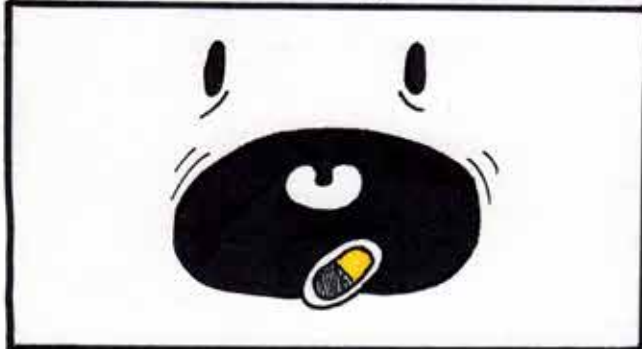
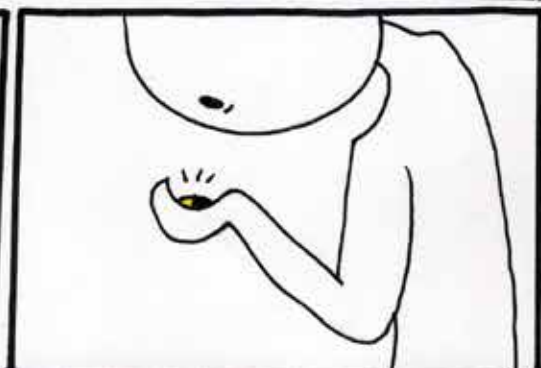
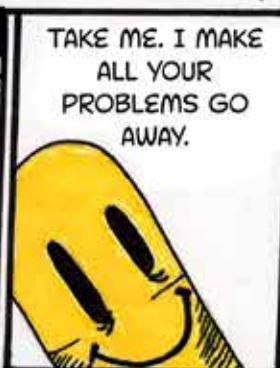
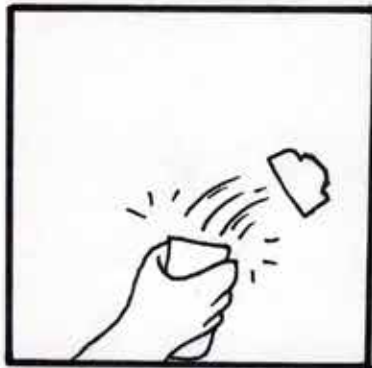
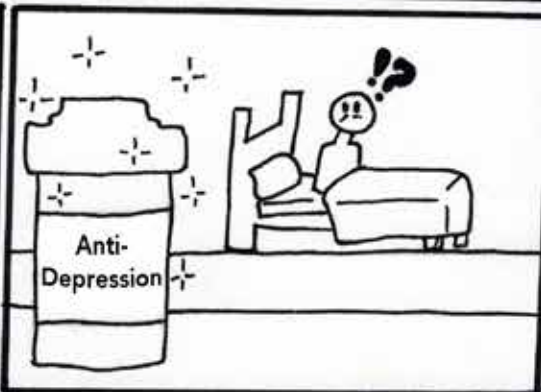
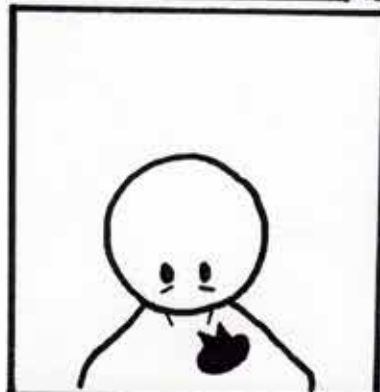
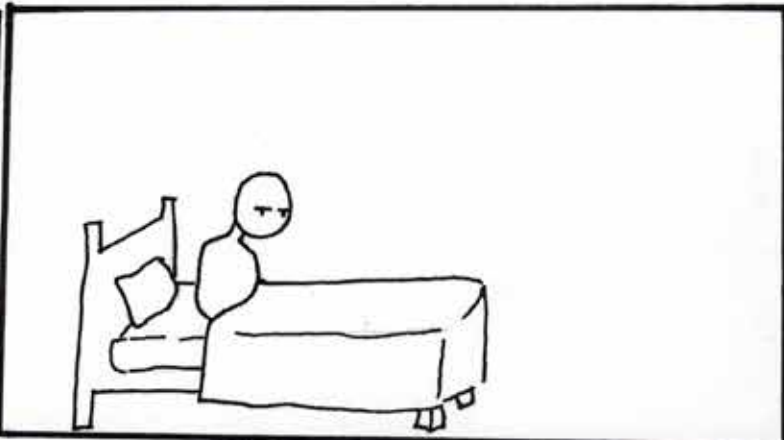
Michelle Soto

Randy Hernandez

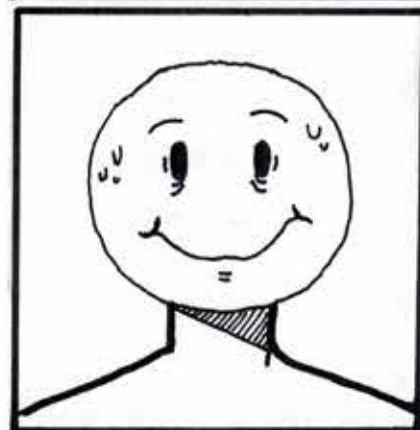
Zacarias Reyes

Abraham Jaramillo

Javier Hernandez



**THREE  
WEEKS  
LATER**

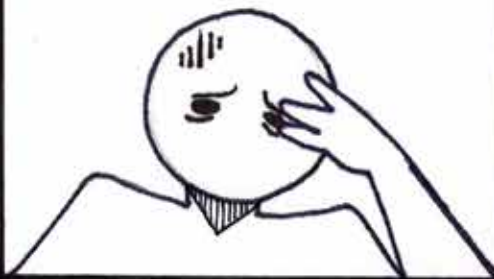


**ONE  
MONTH  
LATER**





**TWO  
MONTHS  
LATER**



THAT'S WHAT I NEED!



HELLO!  
LET'S HAVE  
A CONVERSATION!



SURE.



**HAPPY DOSAGE**

BY  
ANTHONY RIVERA

# LIFE IN A FRUIT BOWL

BY CYNTHIA REYES

CAN YOU MOVE  
OVER? I'M TOO  
TOO CROWDED!

THERE'S NO  
MORE ROOM IN  
THIS BOWL!

MOVE OVER! I'M  
CROWDED!

I REALLY CAN'T!  
THERE'S NO ROOM!

**GRRRRRR!!!!**

UGH! I DON'T KNOW WHAT'S  
WRONG WITH ME! WHY DO I  
GET SO MAD?

GETTING ANGRY IS OKAY, BUT IF  
YOU FEEL LIKE IT HAPPENS A  
LOT, I MIGHT SUGGEST GOING  
TO THERAPY.

I'M SO CONFUSED,  
AND I HOPE I'M NOT  
THE ONLY ONE.

DON'T WORRY.  
YOU'RE NOT ALONE!

HMMMM...



I DON'T LIKE  
FEELING SO  
ANGRY...

I CAN  
SUGGEST A  
REALLY GOOD  
THERAPIST!



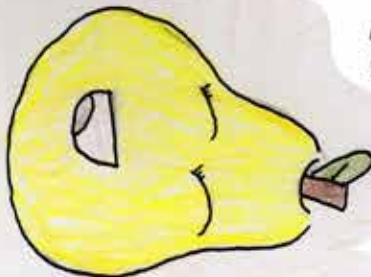
I THINK IT'S  
TIME I TAKE  
THE HELP...

I'LL GO WITH  
YOU TO SEE  
DR. AVOCADO.  
I'M ALWAYS  
HAPPY TO  
HELP YOU!



**Dr.  
Avocado**

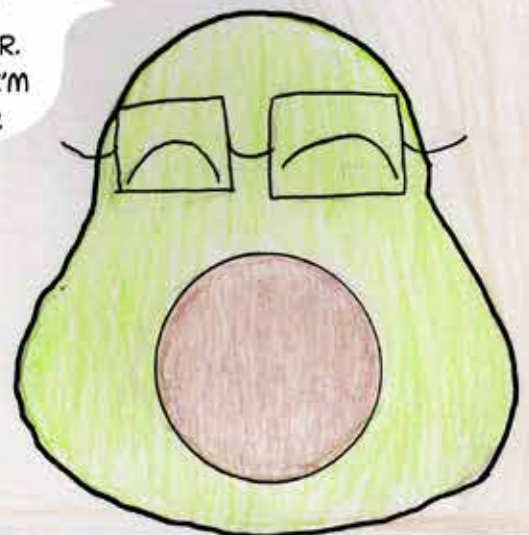
Welcome  
to Therapy



WELCOME TO  
THERAPY! I'M DR.  
AVOCADO, AND I'M  
HERE TO HELP.

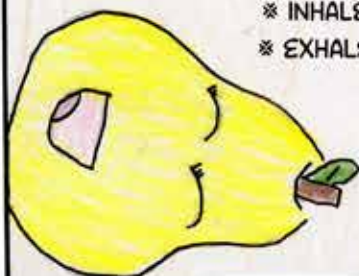
I'M ALWAYS MAD,  
AND I DON'T KNOW  
HOW TO HANDLE IT.

AND I'M HERE TO  
SUPPORT APPLE!



※ INHALE ※  
※ EXHALE ※

HAVING SUPPORT IS  
GREAT! LET'S START  
WITH BREATHING  
FIRST, THEN I'LL  
TEACH YOU MORE  
SKILLS...



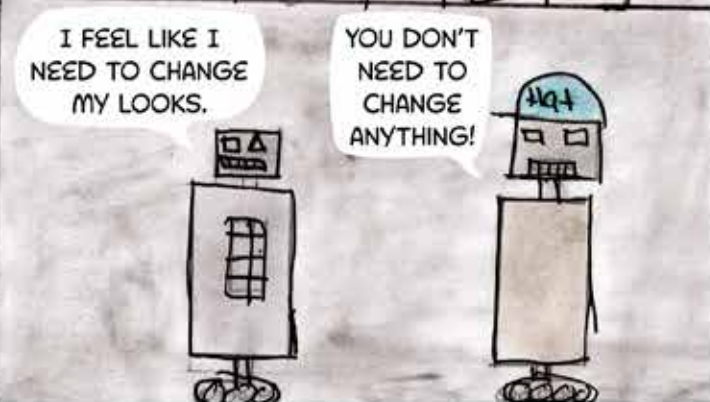
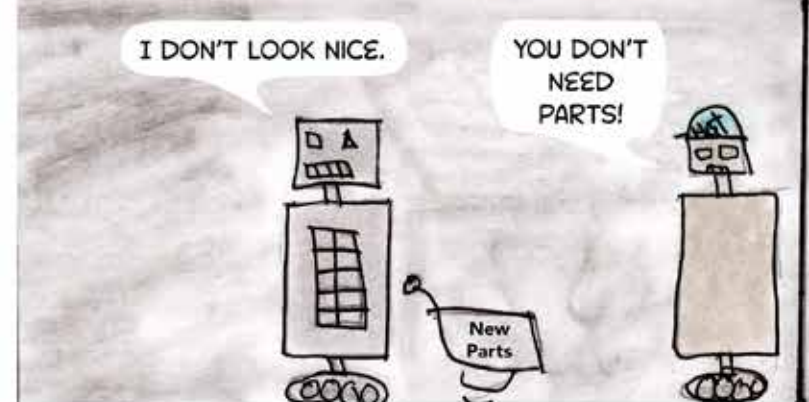
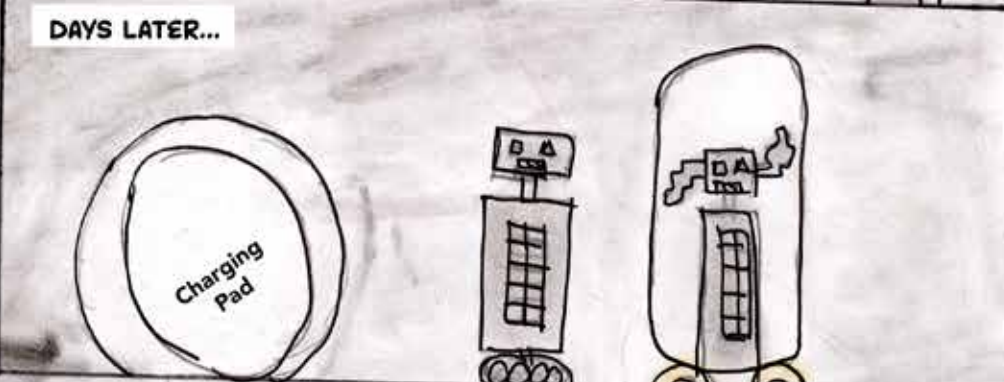
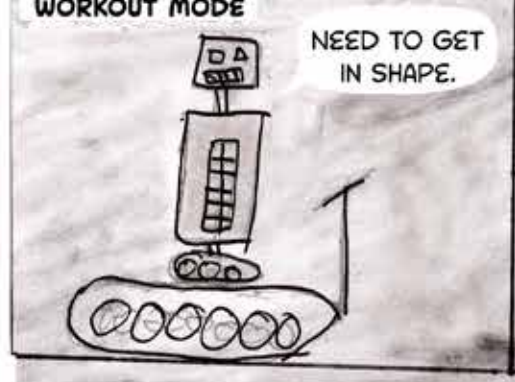
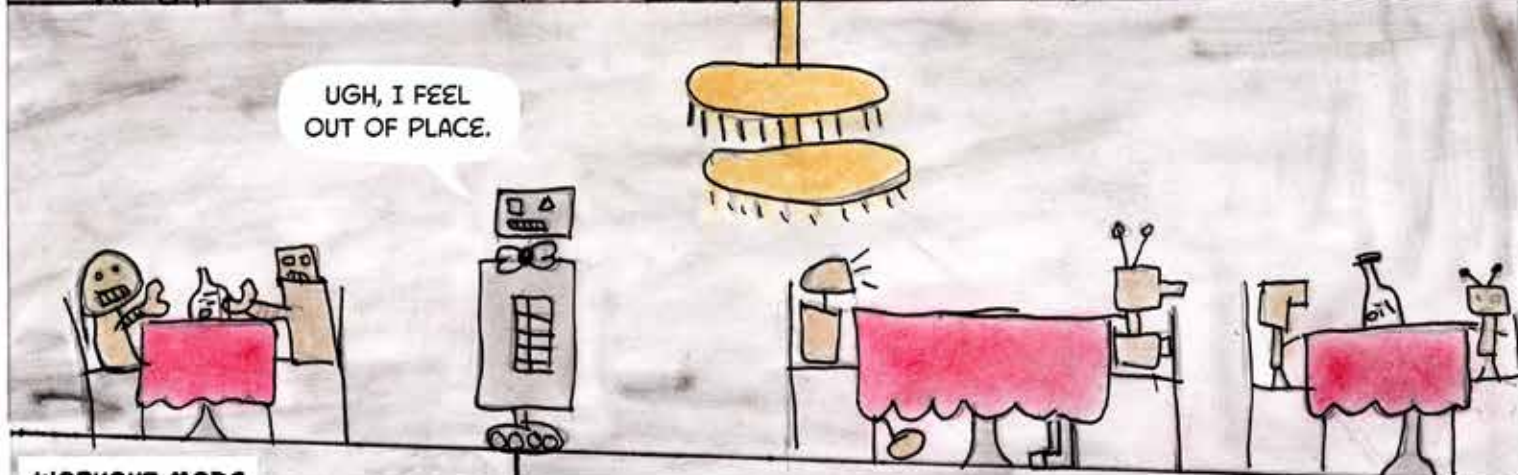
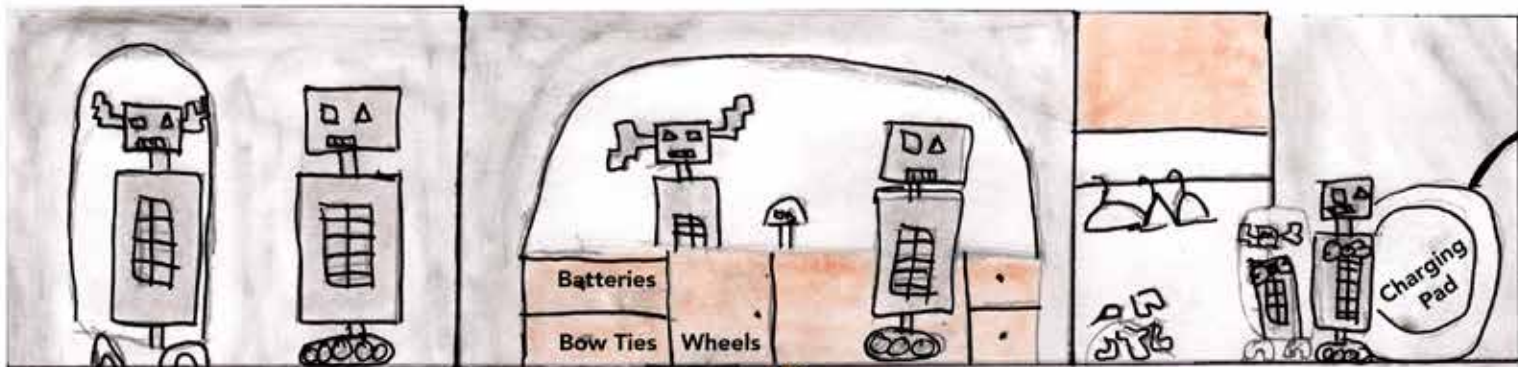
THAT'S GREAT!



I'M SO PROUD  
OF YOU!





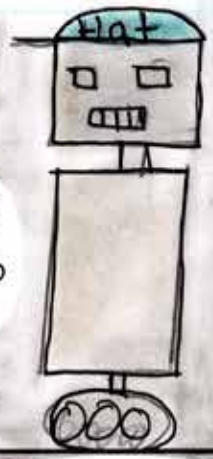




YOU'RE STILL IN WORKING ORDER!



I FEEL LIKE I  
DON'T FIT IN,  
SO I NEED TO  
CHANGE.



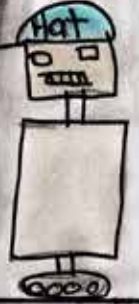
WHY DO YOU  
FEEL THAT WAY?



I DON'T LOOK LIKE  
OTHER ROBOTS!



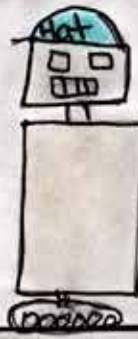
NOT EVERY ROBOT  
IS THE SAME!



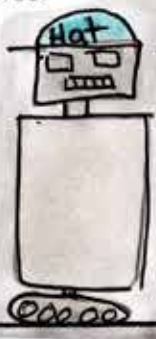
HOW DO YOU  
KNOW THAT?



THERE IS NO  
SUCH THING AS  
THE SAME  
MODEL!

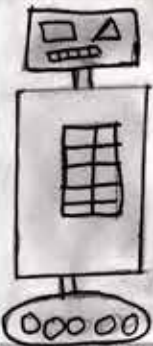


I'VE LEARNED FROM  
EXPERIENCE.



DON'T EVER CHANGE!

EVERY ROBOT  
AROUND THE  
WORLD IS  
MADE  
DIFFERENT!



THE FRAME  
OF A ROBOT  
CAN BE  
ANY SHAPE!



# BOTS

BY  
DANIEL  
REYES



# @ THE MALL

-WITH SOCIAL ANXIETY  
AND DEPRESSION-

BY DENICE SALAS





HERE'S A COUPLE OF TIPS TO HELP YOU THROUGH THE DAY! NUMBER ONE IS BREATHING!



- INHALE FOR 4 SECONDS
- HOLD YOUR BREATH FOR 4 SECONDS
- EXHALE FOR 4 SECONDS
- REPEAT



INHALE    HOLD    EXHALE    REPEAT  
4 SEC.    4 SEC.    4 SEC.

NUMBER TWO: COUNTERACT NEGATIVE THOUGHTS WITH POSITIVE ONES. MAKE THIS A DAILY HABIT.



NUMBER THREE: CONFIDE IN SOMEONE YOU TRUST.



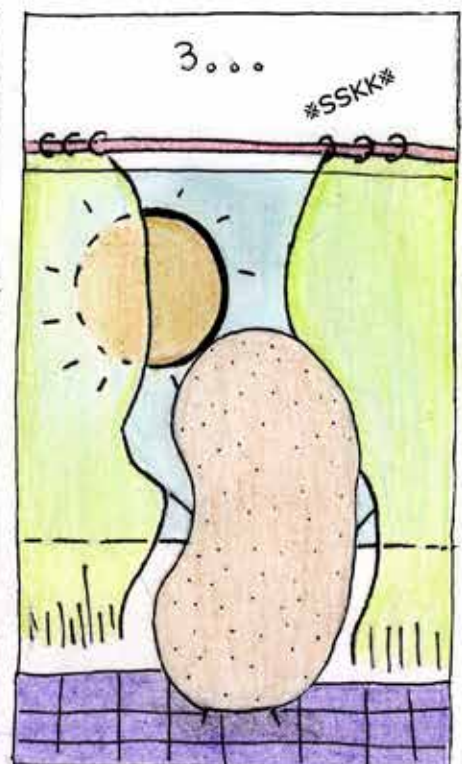
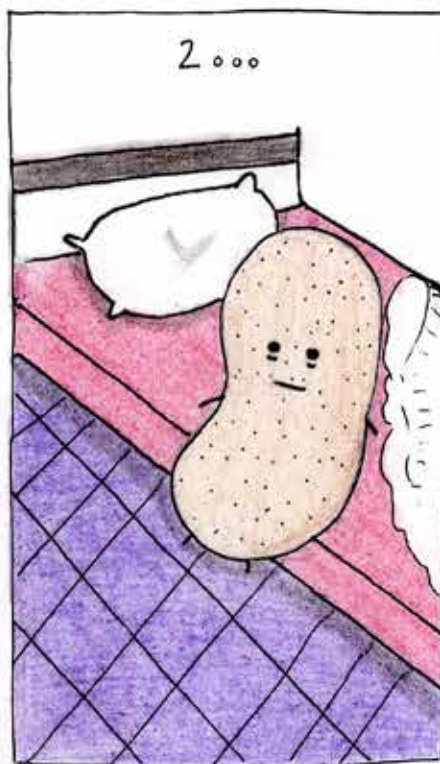
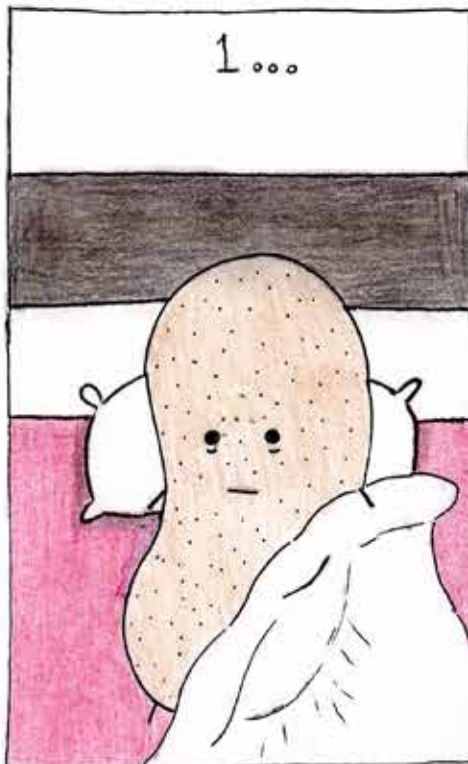
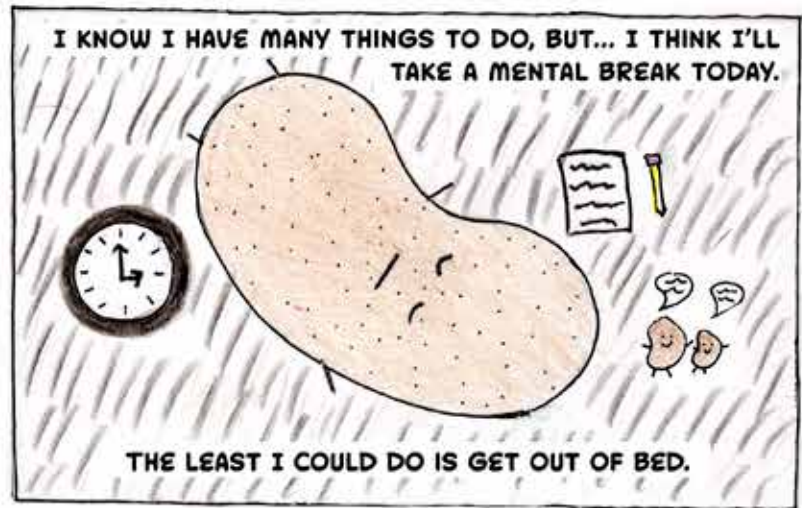
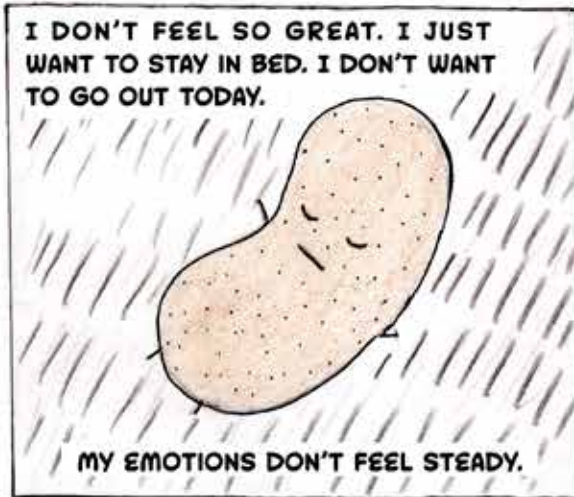
NUMBER FOUR: AVOID CAFFEINE, ALCOHOL, AND NICOTINE.



NUMBER FIVE: IF YOU DON'T FIND YOURSELF IMPROVING, PLEASE CONSULT WITH YOUR DOCTOR. TAKE SOMEONE WITH YOU, IF YOU FEEL ANXIOUS.

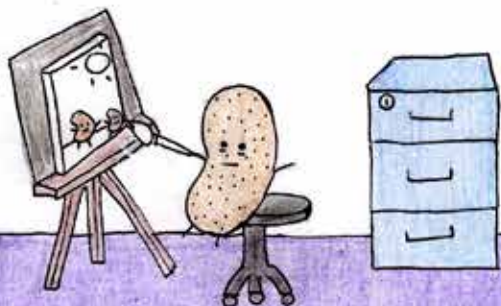
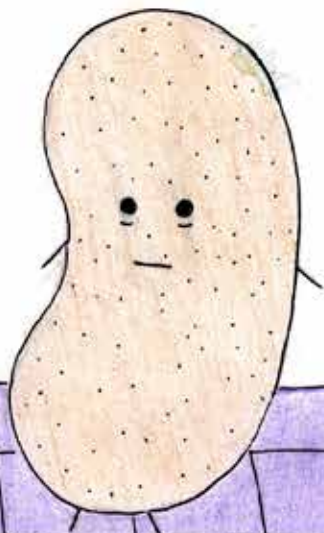




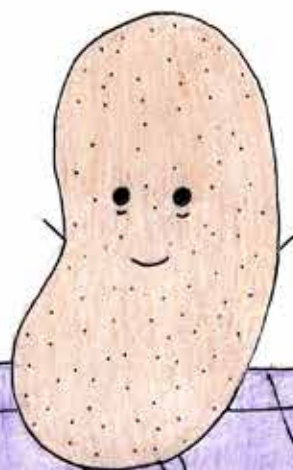




I NEED TO CHEER MYSELF UP, SO I'LL DO THINGS I LIKE.



I FEEL BETTER NOW!



To Be  
CONTINUED...



# The Autistic Tendencies Of An Alien:

By Eduardo Flores.

THIS IS TERRY THE ALIEN, FROM PLANET 246. HE RECENTLY MOVED TO EARTH WITH HIS FAMILY.



WOW, A NEW PLACE TO EXPLORE!

TERRY WAS NOW ABLE TO GO TO SCHOOL AND RECEIVE AN EDUCATION.



I WONDER HOW SCHOOL IS GONNA BE LIKE!

AT HIS NEW SCHOOL, TERRY WOULD LEARN NEW THINGS, MEET NEW PEOPLE, ETC...



TERRY'S TEACHER, MS. WILLIAMS, INTRODUCED HIM TO HIS NEW CLASS



CLASS, MEET TERRY!

HIS CLASSMATES WERE A BIT CONFUSED, AND WEREN'T SURE WHAT TO THINK OF THIS AT FIRST, BUT THEY DID THEIR BEST.



ummmmm...

EVEN WITH ALL THIS, TERRY STILL WOULD GO THROUGH SOME STRUGGLES.



HMMM...

BECAUSE OF THIS, TERRY WOULD TRY TO DISTRACT HIMSELF WITH DRAWING, AND THIS WOULD LEAD TO DISTRACTIONS.



THERE WERE ALSO LOUD NOISES THAT IRRITATED HIS HEARING A LOT IN CLASS.



SINCE TERRY WAS SO STRANGE TO HIS CLASSMATES, THEY DIDN'T REALLY UNDERSTAND HIM AT TIMES...



LOREM IPSUM DOLOR SIT AMET,

UM, NOT REALLY, I GUESS?

BECAUSE OF THIS, AND HOW HE FELT LEFT OUT BY OTHERS, TERRY WOULD TEND TO KEEP TO HIMSELF A LOT.



GUESS I'M ALONE.

FORTUNATELY FOR HIM, HIS TEACHER NOTICED THAT TERRY NEEDED SOME HELP.



MAYBE I SHOULD CALL HIS PARENTS.

SO SHE HAD A MEETING WITH TERRY'S PARENTS.



A COUNSELOR CAN HELP TERRY WITH HIS CLASSES!

AFTER SOME TIME, TERRY MET HIS NEW COUNSELOR WHO WOULD HELP HIM IN SCHOOL.



HELLO, TERRY! I'M MR. BELCHER.

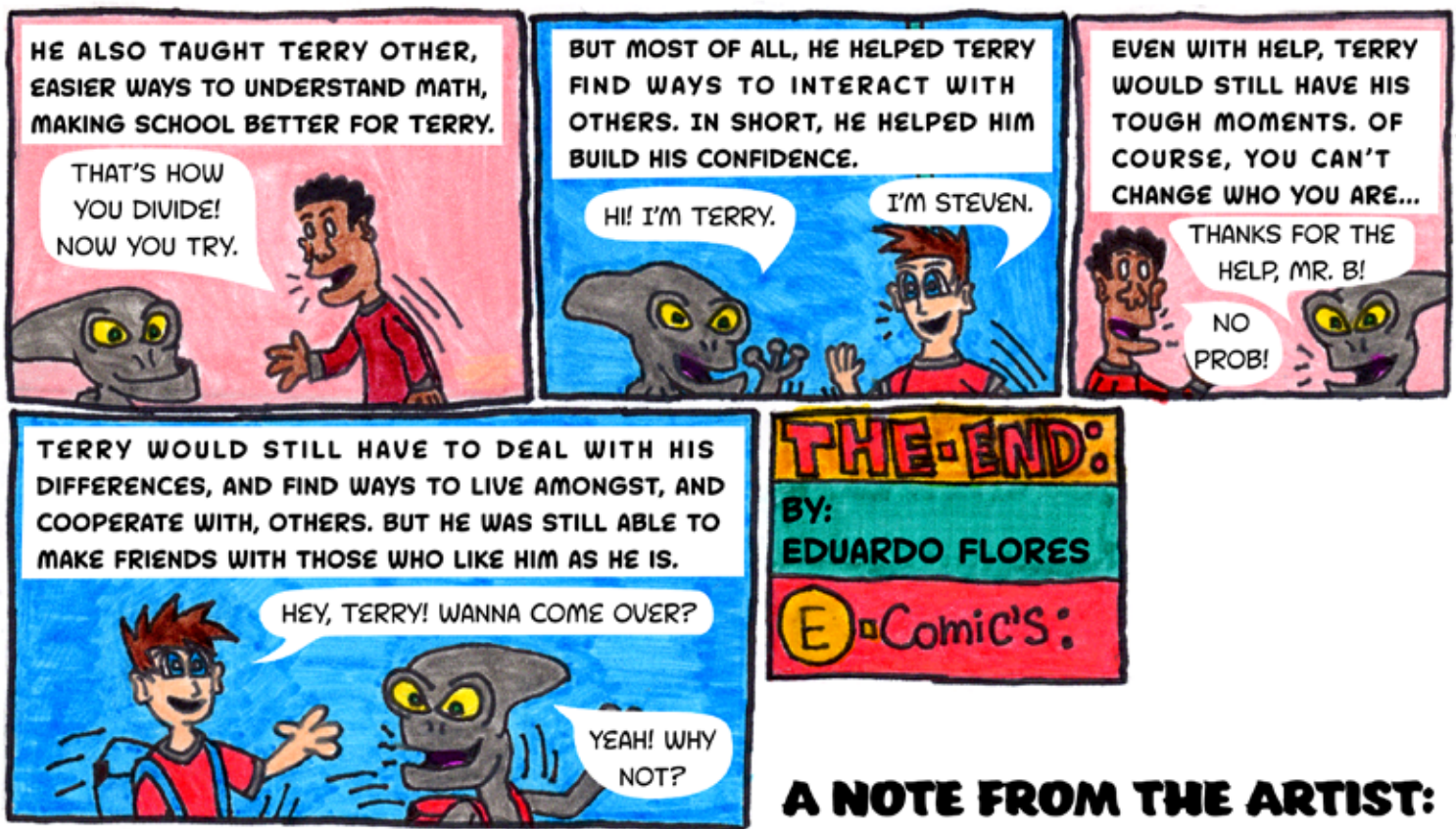
HI!

MR. BELCHER TAUGHT TERRY WAYS THAT HE COULD CONTROL HIMSELF AND HIS EMOTIONS WHEN UNDER PRESSURE.



NOW, LET'S TRY SOME NEW BREATHING TECHNIQUES.





## A NOTE FROM THE ARTIST:

SO THAT'S MY STORY ABOUT A LITTLE ALIEN WITH SOME AUTISTIC TENDENCIES.

I BASED THIS STORY AND MANY OF ITS ELEMENTS ON THINGS THAT HAPPENED TO ME IN MY CHILDHOOD AND EXPERIENCES. THIS WAS BECAUSE, LIKE MANY PEOPLE AFTER ME, I, MYSELF, HAVE AUTISM, AND LET ME TELL YOU: LIFE AIN'T NO WALK IN THE PARK WHEN YOU LIVE THROUGH IT WITH AN AUTISTIC MIND.

BUT DON'T GET ME WRONG, I'M NOT SOME FORREST GUMP-LIKE PERSON WHO CONSTANTLY NEEDS SOMEONE TO HOLD MY HAND. AND I'M DEFINITELY NOT SOME "GOOD DOCTOR" SUPER-GENIUS. NO, I'M NEITHER OF THOSE THINGS. I'M AN AVERAGE GUY WITH SOME AUTISTIC STRUGGLES. BUT I FIND WAYS IN MY DAY-TO-DAY LIFE TO OVERCOME THEM.

I FIGURED, WHY NOT MAKE A STORY ABOUT A CHARACTER WHO GOES THROUGH SIMILAR THINGS SUCH AS MYSELF, ONE WHO COULD BETTER REPRESENT/PORTRAY AUTISM IN A WAY THAT CAN BETTER INFORM PEOPLE ABOUT AUTISM AND HOW WE, AS PEOPLE WITH AUTISM, ARE ALSO HUMAN BEINGS WITH FEELINGS AND EMOTIONS. PLUS, WHAT BETTER WAY TO HELP REPRESENT IT THAN WITH AN ALIEN WHO COULD REPRESENT ANYONE WITH AUTISM. PLUS, ALIENS ARE COOL. NUFF SAID.

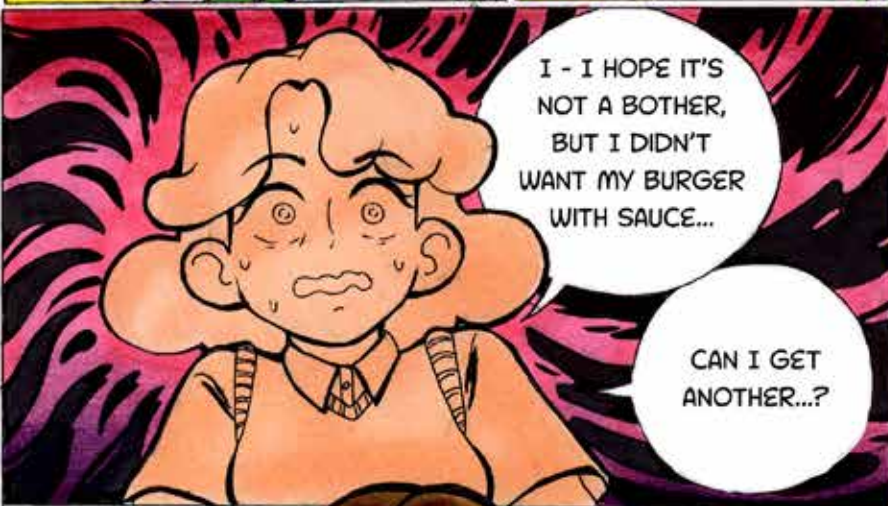
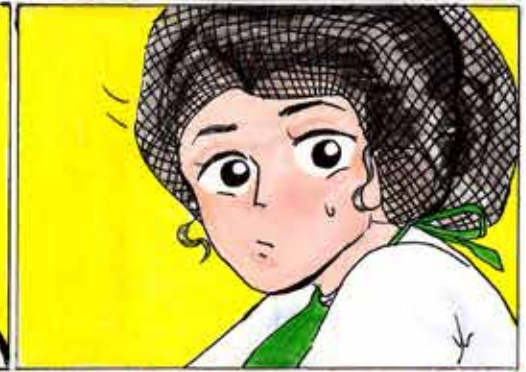
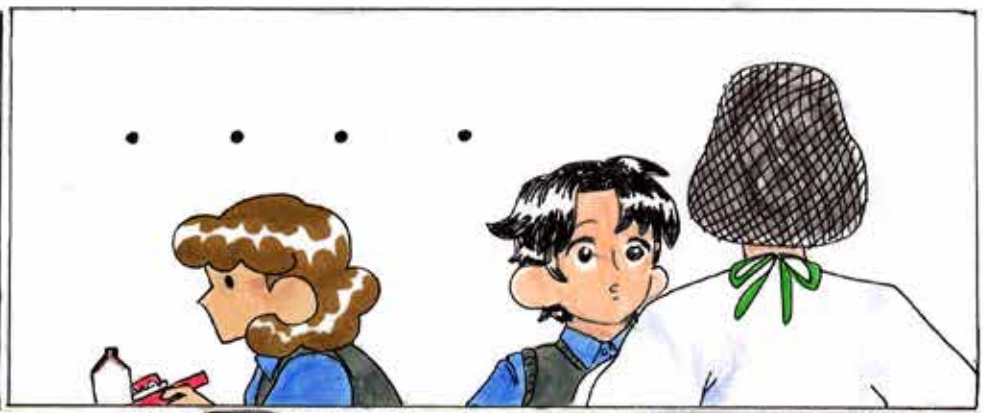
**-EDUARDO FLORES**



# S.A.D BURGER



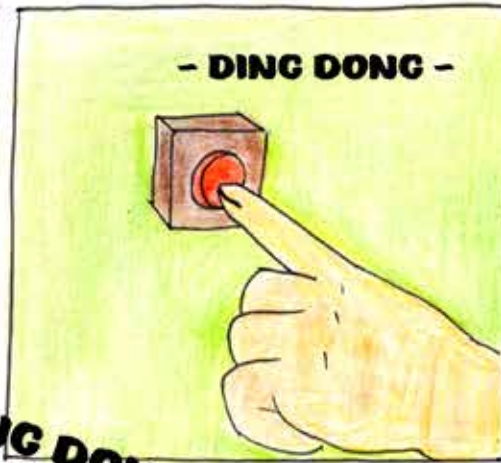




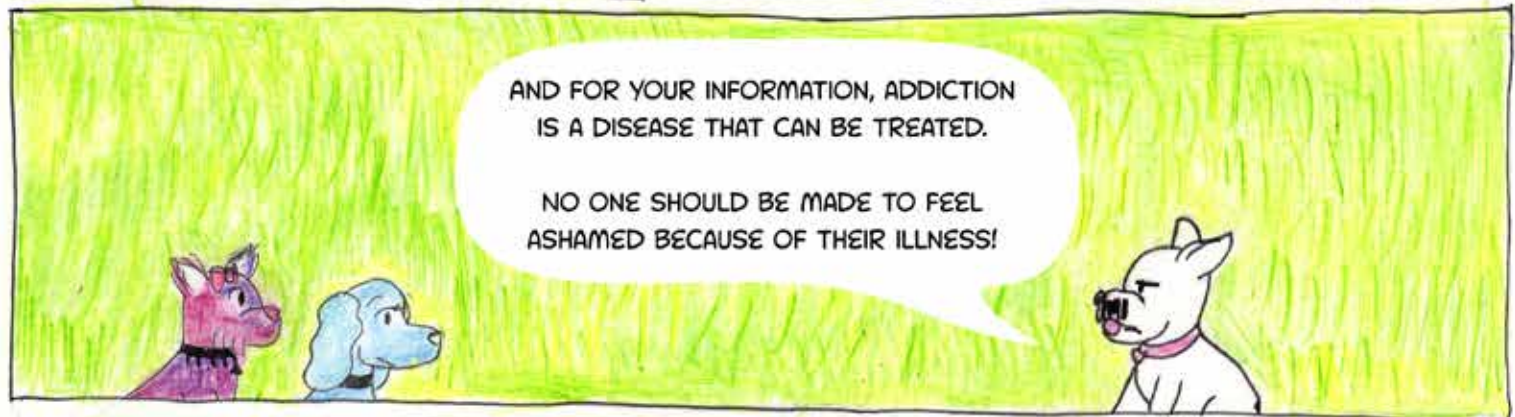
IT MIGHT GO UNSEEN BY MANY, BUT APPROXIMATELY 15 MILLION ADULTS DEAL WITH SOCIAL ANXIETY DISORDER. SOCIAL INTERACTIONS THAT MAY SEEM SIMPLE TO OTHERS BECOME A TRIAL TO SOMEONE WITH SOCIAL ANXIETY DISORDER. WITH THERAPY AND PROFESSIONAL HELP, PEOPLE DEALING WITH S.A.D. CAN OVERCOME THEIR SITUATION ONE STEP AT A TIME.

ESMERALDA











# SADNESS is HUMAN

HEY, I  
HAVEN'T  
SEEN  
THEM  
AROUND.

WHO?

THAT PERSON  
SITTING WAY IN  
THE BACK,  
OVER THERE..

SHHH!

DON'T LOOK  
AT HIM!



# THE DEVIL



has a hold of him!

WHY AM I  
EVEN  
HERE?

HA! HE THINKS  
HE CAN BE  
SAVED...

YEAH, HE  
PROBABLY  
NEEDS  
"THERAPY"...

I SHOULDN'T  
HAVE EVEN BEEN  
LET THROUGH  
THE DOORS...

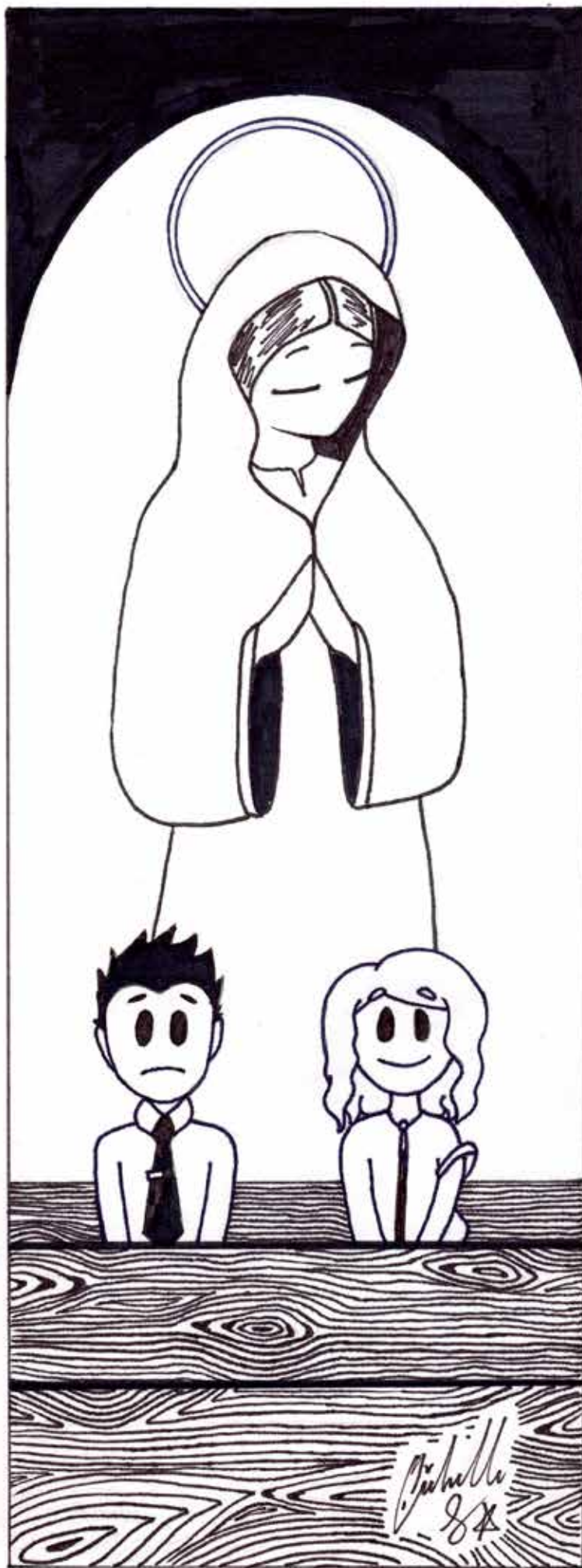
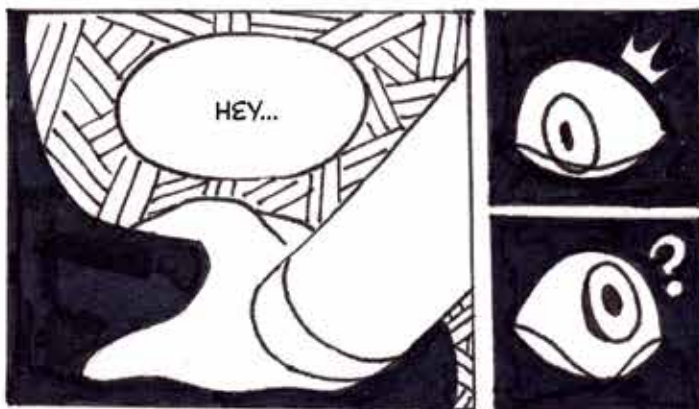
I'M DIFFERENT  
FROM THEM...

HIS FAITH ISN'T  
STRONG  
ENOUGH. HE'S  
WEAK.

HE'S A  
MISERABLE  
CREATURE.

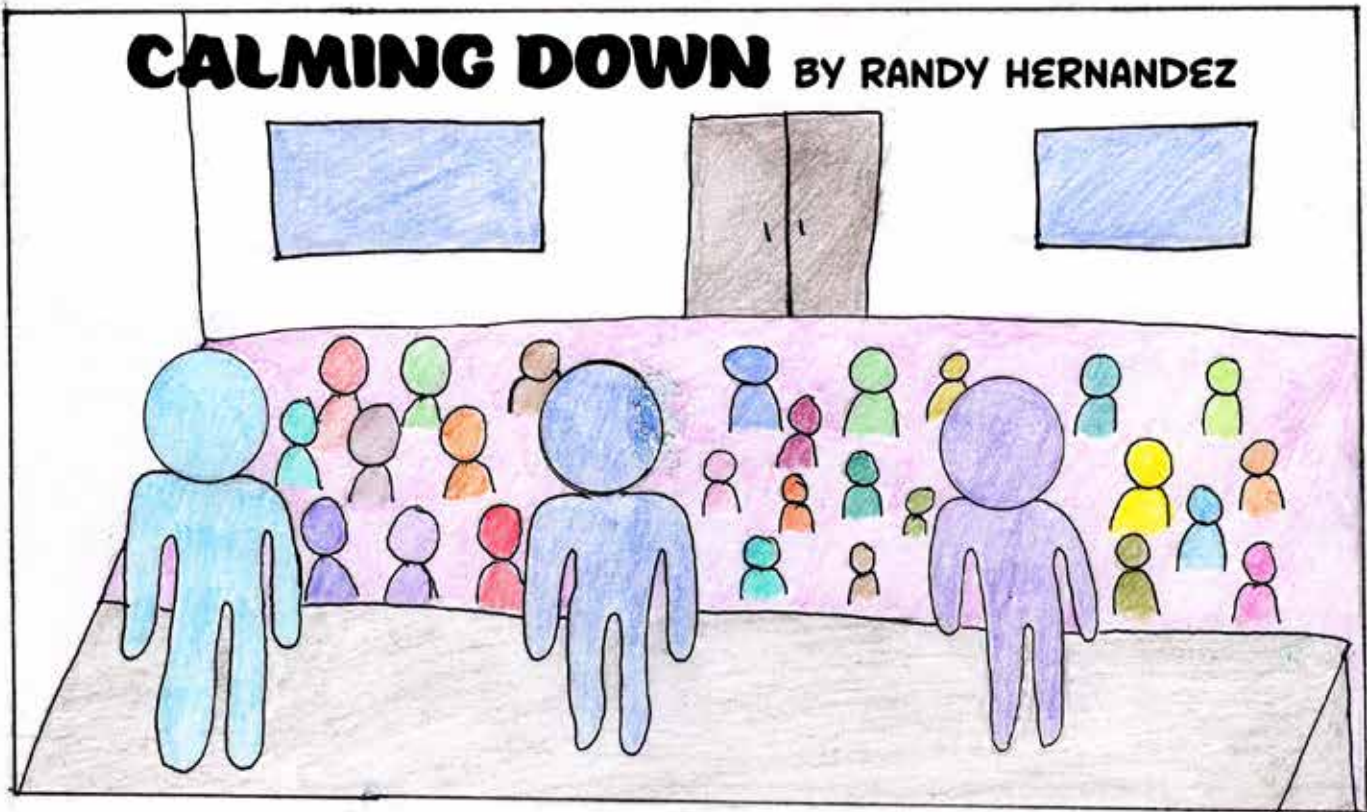
WHY AM I  
LIKE THIS?

Why am I so sad?





# **CALMING DOWN** BY RANDY HERNANDEZ

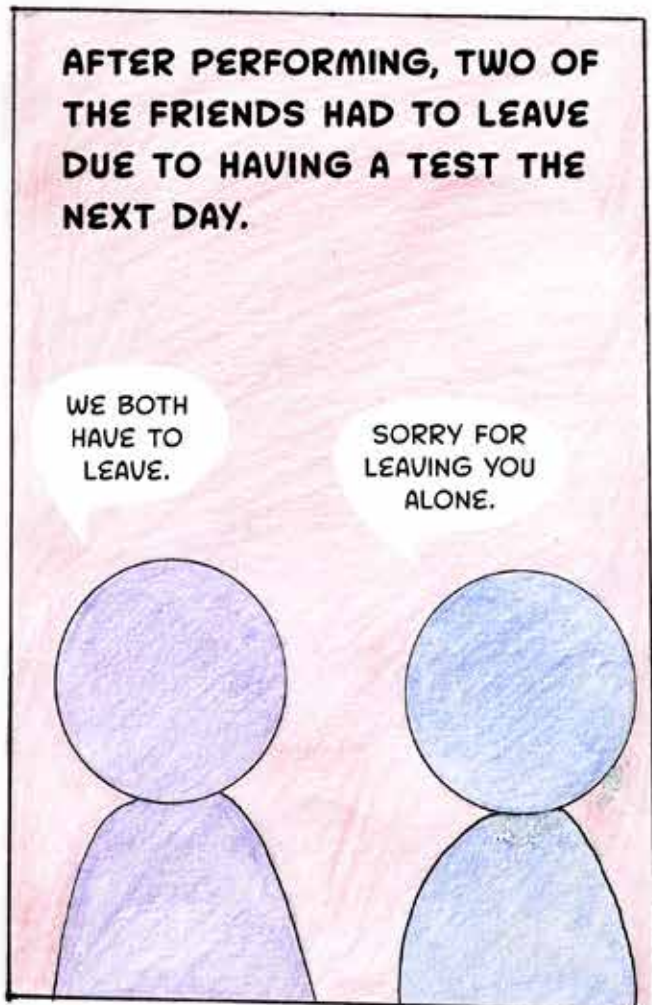


**LATE ONE NIGHT, THREE FRIENDS WERE PERFORMING AT A PARTY.**

**AFTER PERFORMING, TWO OF THE FRIENDS HAD TO LEAVE DUE TO HAVING A TEST THE NEXT DAY.**

WE BOTH HAVE TO LEAVE.

SORRY FOR LEAVING YOU ALONE.

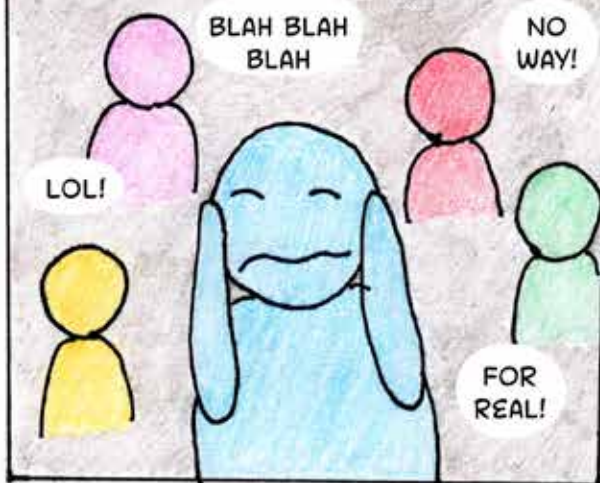


**SO, ONE OF THE FRIENDS WAS LEFT ALONE AT A HUGE PARTY.**

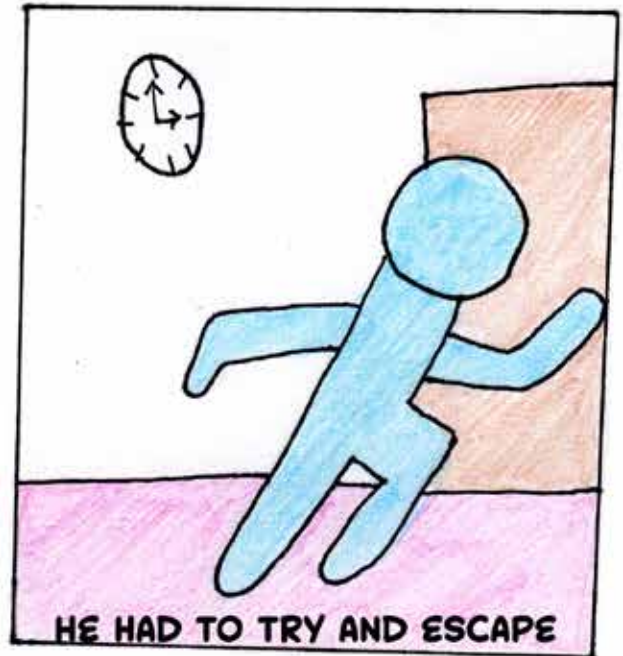




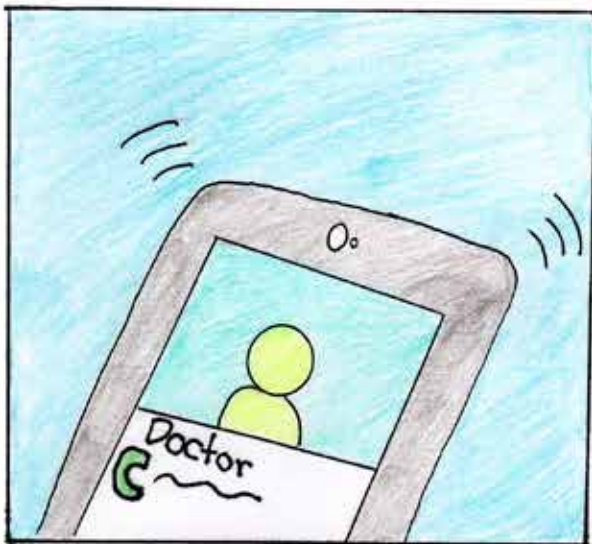
**AFTER BEING ALONE, HE STARTED  
TO HAVE A WEIRD FEELING.**



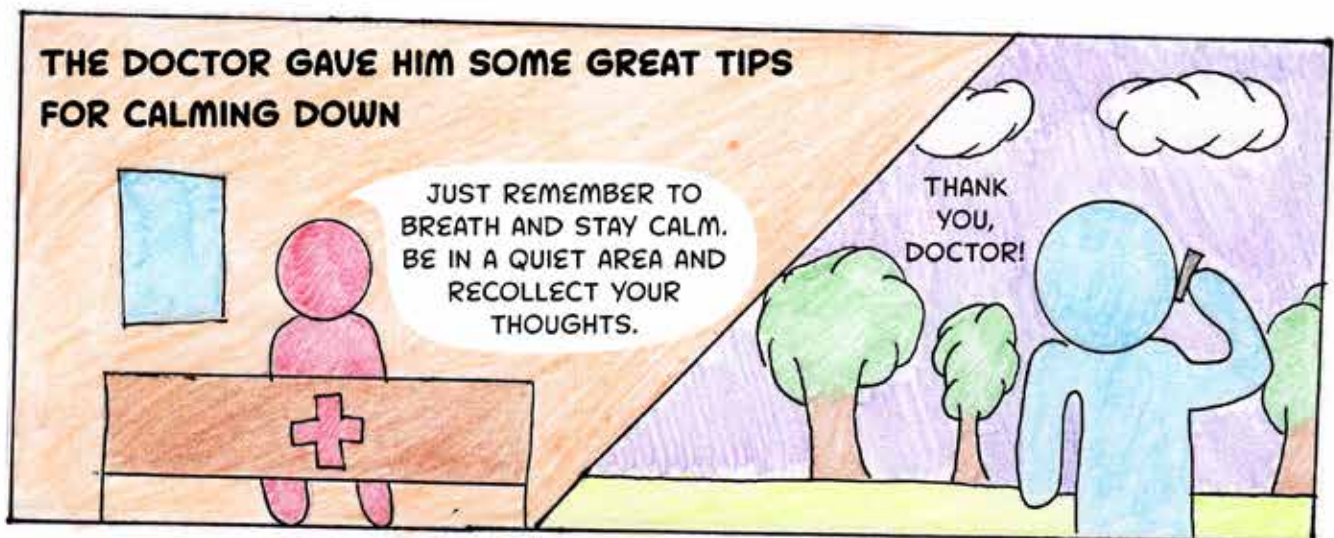
**HE KNEW RIGHT AWAY THAT  
HE FELT ANXIOUS.**



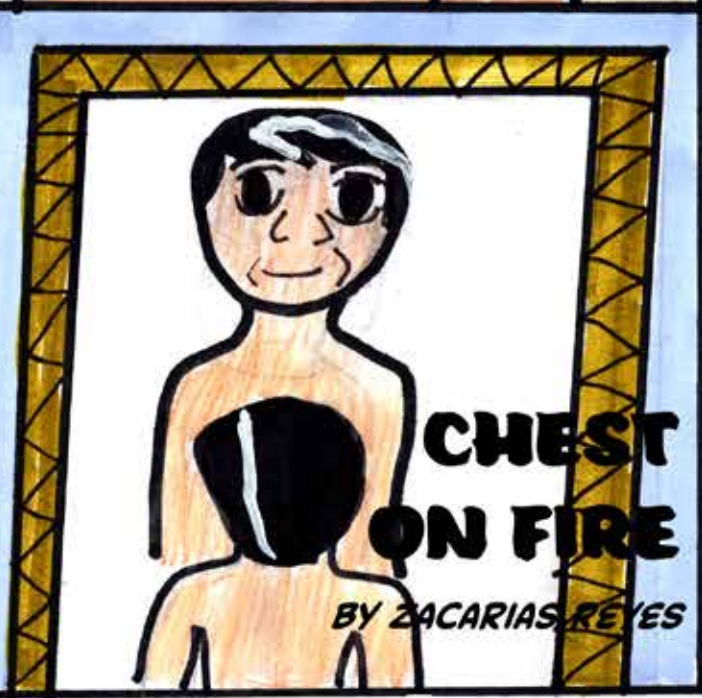
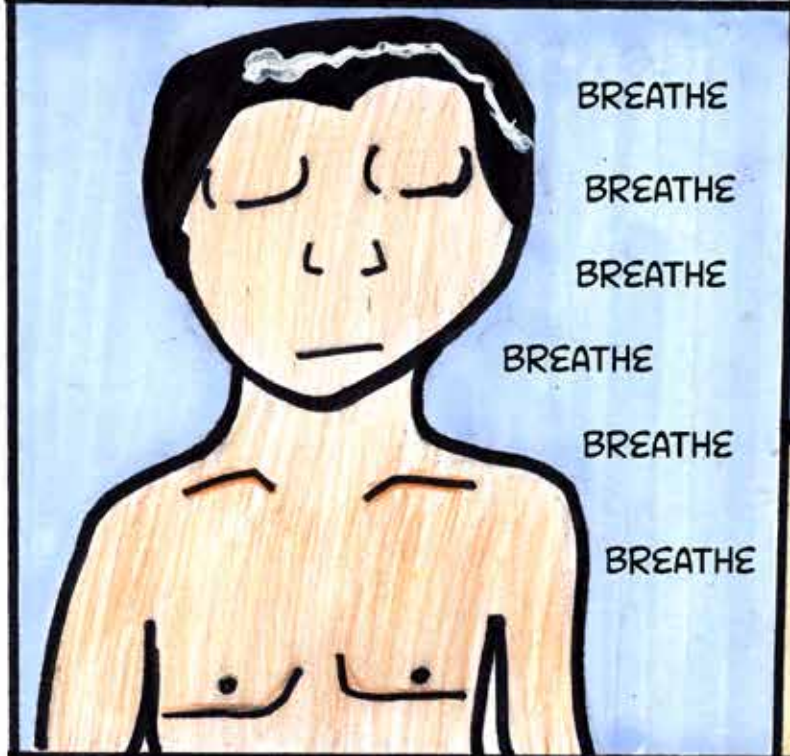
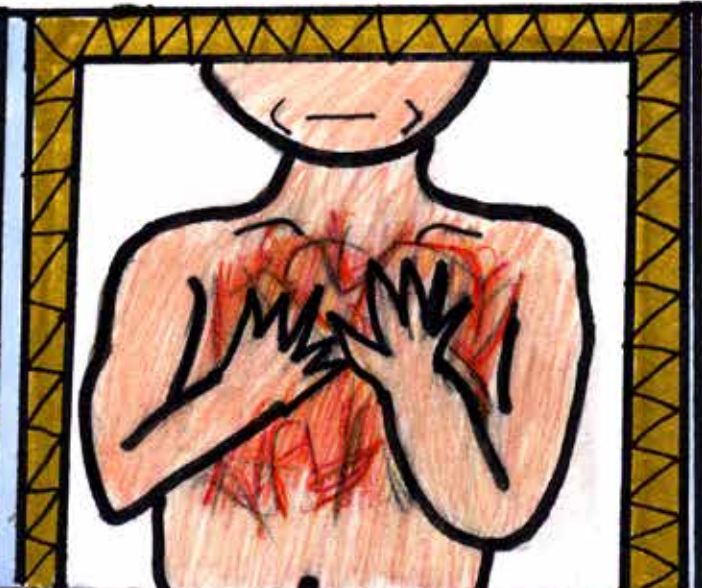
**HE HAD TO TRY AND ESCAPE  
FROM THE PARTY TO CALL HIS  
DOCTOR IMMEDIATELY.**



**THE DOCTOR GAVE HIM SOME GREAT TIPS  
FOR CALMING DOWN**









10:00 PM



10:25 PM

JUST TO  
MAKE  
SURE...



11:15 PM

ONCE  
BEFORE  
BED...



11:40 PM

HMMM... I  
DON'T  
REMEMBER.



12:05 PM

NEED TO  
MAKE SURE  
WE ARE  
SAFE.



12:30 PM

AMOR, I  
THINK WE  
NEED A  
SOLUTION.



I THINK IT'S  
TIME...

I'M PROUD  
OF YOU!



Welcome  
to  
Therapy



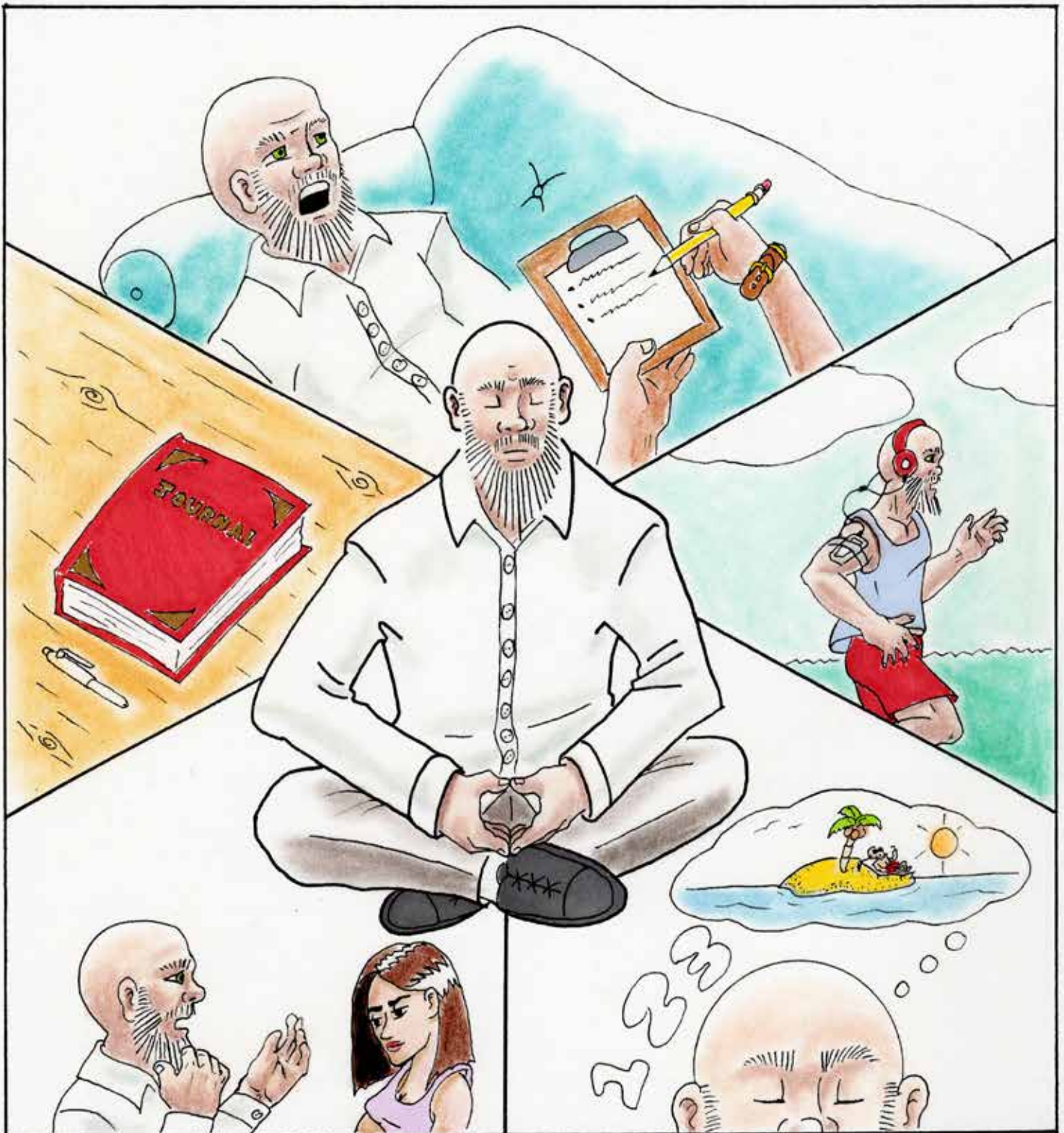
# THERAPY IS KNOCKING

BY ZACARIAS REYES





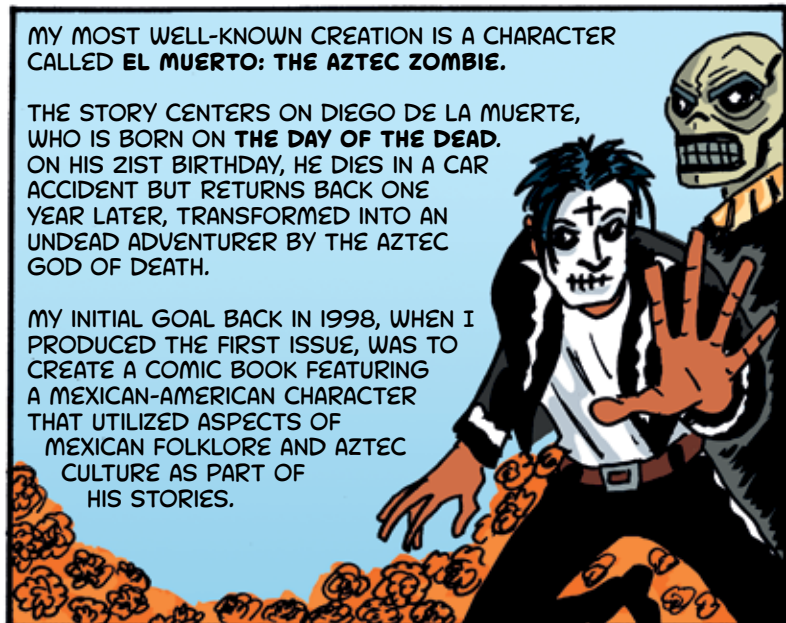




LEARNING TO CONTROL ANGER IS A CHALLENGE, AND SEEKING PROFESSIONAL HELP SHOULD BE THE FIRST STEP. WRITING A JOURNAL TO IDENTIFY TRIGGERS AND POSSIBLE SOLUTIONS IS A GREAT WAY TO CONTINUE TREATMENT; EXERCISE CAN ALSO HELP REDUCE STRESS, WHICH PRODUCES ANGER; LEARNING HOW TO COMMUNICATE MORE CALMLY AND EFFICIENTLY IS ANOTHER USEFUL WAY TO AVOID ANGER; AND WHEN A STRESSFUL SITUATION STARTS GETTING OUT OF CONTROL, TAKING A DEEP BREATH AND THEN COUNTING OR IMAGINING A RELAXING PLACE TILL ANGER DISSIPATES IS ANOTHER GREAT SOLUTION.

**BY: ABRAHAM JARAMILLO**





BUT I GUESS, AS WITH ANY ART, OTHER THINGS ARE GOING TO FIND THEIR WAY INTO THE WORK.

WHETHER ONE AS THE ARTIST IS AWARE OF IT OR NOT.

AND SO, IT WAS IN THIS PAST YEAR OR SO THAT I STARTED TO LOOK AT THE WORK I'D PRODUCED OVER THE YEARS AND TRIED TO IDENTIFY WHAT, IF ANYTHING, WERE SOME THEMES OR UNDERPINNINGS TO THE STORY OF EL MUERTO THAT I WAS NOT CONCIIOUSLY AWARE OF IN THE BEGINNING.

# WHO AM I ... AND WHY AM I HERE?

OR

## EXISTENTIAL CRISIS ON INFINITE EARTHS

ONCE I STOOD BACK AND TOOK A LONG LOOK, THE ANSWER WAS REVEALED...

STORY & ART BY JAVIER HERNANDEZ

TO BE HONEST, I WASN'T EVEN AWARE OF THE TERM "EXISTENTIAL ANXIETY" UNTIL I HEARD ABOUT IT IN AN INTERVIEW THAT I WAS WATCHING ONLINE FEATURING CARTOONIST **MICHAEL ALLRED**. IT CAME UP WHEN HE WAS TALKING ABOUT AN INCIDENT HE HAD DURING HIS YOUTH, WHEN HE HAD COME TO THE REALIZATION THAT HE WAS HAVING SERIOUS QUESTIONS ABOUT THE PURPOSE OF EXISTENCE.

IT STRUCK ME AS QUITE A PROFOUND MOMENT FOR SOMEONE TO HAVE IN THEIR LIFE.

I DID SOME RESEARCH ON THE TERM AND LEARNED THAT IT DESCRIBED A DEEP PERSONAL REFLECTION ON THE MEANING OF LIFE AND ONE'S ROLE IN IT. THE QUESTIONING OF LIFE CHOICES. SOME WRITINGS ON THE TOPIC ALSO REFERRED TO IT AS A SPIRITUAL CRISIS. I IMMEDIATELY MADE THE CONNECTION TO VARIOUS THOUGHTS THAT HAD CROSSED MY MIND...





A LARGE PART OF MY WORLDVIEW WAS INFORMED BY GROWING UP IN A BILINGUAL, WORKING CLASS, MEXICAN CATHOLIC FAMILY.



FOR THE LAST 22 YEARS, THE COMIC HAS GIVEN ME AN OUTLET IN WHICH TO EXPRESS MYSELF CREATIVELY.

I GET TO EXPLORE LOTS OF STORYTELLING GENRES LIKE ACTION, FANTASY, HORROR AND ROMANCE.



ALSO SUCH THEMES AS FATALISM, HEROISM, INDIVIDUALISM AND OF COURSE LIFE AND DEATH.

IT'S ALSO ALLOWED ME TO VISIT ISSUES I'VE WRESTLED WITH OVER THE YEARS. SUCH AS CULTURAL AND RELIGIOUS IDENTITIES, AND THE LONG LASTING RAMIFICATIONS OF THE SPANISH CONQUEST OF MEXICO.

THE CATAclysmic DESTRUCTION OF ONE CULTURE BY ANOTHER.



WE CATHOLICS SOMETIMES JOKE ABOUT "CATHOLIC GUILT". BUT AS A DESCENDANT OF THAT VIOLENT CLASH, I'VE OFTEN PONDERED OVER THE PRESENT DAY RAMIFICATIONS AND LESSONS LEFT BEHIND.

ALSO, AS I'M NOW IN THE LATER HALF OF MY LIFE, EVEN MORE QUESTIONS ABOUT THE FUTURE, PRESENT AND PAST SEEM TO FIND A HOME IN MY HEAD.

OFTEN WHILE I'M AT THE OL' DRAWING BOARD.



I'VE ONLY REALIZED LATELY, THOUGH, THAT MY COMIC ISN'T JUST A TRIBUTE TO MY MEXICAN HERITAGE, OR A CELEBRATION OF AZTEC CULTURE.

IN SO MANY WAYS, IT LETS ME WORK OUT MY QUESTIONS ABOUT RELIGION AND HISTORY. CULTURE AND IDENTITY. REBIRTH AND REDEMPTION.



I DEFINITELY CONSIDER MYSELF FORTUNATE TO HAVE THE OPPORTUNITY TO WORK OUT ANY EXISTENTIAL OR PHILOSOPHICAL ISSUES I HAVE THROUGH ART. IT'S LIKE A RELEASE VALVE THAT HELPS LET OFF PRESSURE INSIDE OF ME.

THERE'S AN INTERVIEW I WATCHED YEARS AGO FEATURING ANOTHER COMICS CREATOR, THE LEGENDARY **JACK KIRBY**. A PARTICULAR THING HE SAID REALLY STOOD OUT TO ME BACK THEN. AND NOW, YEARS LATER, I'VE COME TO APPRECIATE IT EVEN MORE WITH A DEEPER UNDERSTANDING. LET ME LEAVE YOU WITH THAT...

I'M A GUY THAT LIVES WITH A LOT OF QUESTIONS. I SAY "WHAT'S OUT THERE?", AND I TRY TO RESOLVE THAT. AND I NEVER CAN. I DON'T THINK ANYBODY CAN. WHO'S GOT THE ANSWERS? I SURE WOULD LIKE TO HEAR THE ULTIMATE ONE. BUT I HAVEN'T YET. AND SO I LIVE WITH A LOT OF QUESTIONS.

AND I FIND THAT ENTERTAINING. IF MY LIFE WERE TO END TOMORROW, IT WOULD BE FULFILLED IN THAT MANNER. I WOULD SAY, "THE QUESTIONS HAVE BEEN TERRIFIC."

JACK KIRBY (1917-1994)





# MAKING COMICS WITH A PURPOSE

In conducting the Cómics que Curan workshop, the primary goal was to guide the students toward producing a comic book story about a mental health issue important to them.

We let the students know that clarity and focus in their comics was the prime directive, but because this was a visual medium we were working in, we encouraged them to apply their individual, creative artistry to their stories. The narratives they conceived were their personal journeys to mental wellness.

The lesson plans used in the class included such fundamentals as character design, story brainstorming, narrative flow, word balloons and captions, as well as techniques in inking and an exploration of color theory and how it relates to storytelling and emotional acting. The art tools we provided in the class included pencils, inking pens, color pencils, erasers, white correction pens and 11" x 17" illustration paper. We made sure our students were exposed to the techniques and tools commonly used by professional comic book creators.

Our creative space fostered an environment that allowed each student to produce their individual stories with autonomy. The honesty and courage they have exhibited as young storytellers are a credit to the families and communities they come from.

Throughout the course of the workshops we emphasized to the students that their comics would raise awareness, and ultimately help destigmatize mental health in the Latino community. I'm very proud to have been a part of this important project and I'm especially proud of all the work of our participating cartoonists.

I wish to express my gratitude to Luis Pichardo, Founder and Executive Director of DSTL Arts, for bringing me aboard to teach this class. And also to my fellow instructor Abraham Jaramillo for his creative contributions to the production. And thanks to the Los Angeles County Department of Mental Health and the Latino Underserved Cultural Communities (UsCC) for providing the idea for this community-defined mental health project as a vehicle to outreach to the Latino community.

**JAVIER HERNANDEZ**

*Instructor and cartoonist*



# ANTHONY RIVERA

(Writer/Artist)

A talented young artist, Anthony works hard developing his original characters and comics. With an interest in science fiction and mystery comics, his stories involve time travel, futurism, and a strong sense of wonder. His talent is one to be on the look out for.



# CYNTHIA REYES

(Writer/Artist)

Cynthia Reyes shares her affinity for art along with her family, and is a grand storyteller with a great sense of humor. With more stories to tell, Cynthia will continue to explore the arts in support of our community.



# DANIEL REYES

(Writer/Artist)

Hi, I'm Daniel. My comics are on robots. I am studying to become an engineer. I prefer to work with renewable energy. So, if not being creative, I'm building gizmos.





# DENICE SALAS

(Writer/Artist)

Hi! My name is Denice Salas. I like to make art, listen to music, and immerse myself in movies and shows with meaning. Nature, emotions and music inspire my art.

You can catch me on Instagram using @kawaiilobo31; and if you'd like, you can check out my Patreon using @klobo31, or email me at kawaiilobo31@gmail.com for commissions.



# DESTINY VILLATORO

(Writer/Artist)

I am Destiny Villatoro, and my interests are drawing, photography, and video editing. My inspiration would be my family, because they are always there for me.

If you are interested in commissioning art, you can reach me via Instagram using @p\_otato.friends.



# EDUARDO FLORES

(Writer/Artist)

I'm Eduardo Flores. I'm 18 and Autistic, but at the same time, I also love to draw, read, watch movies, play video games, etc. As far as I can remember, I've always had a love and passion for drawing and coming up with stories that I draw in my own





comics about heroes that I make up.

My inspiration comes from the works of Dave Pilkey and Stan Lee. I am also inspired by anime, cartoons, books, comics, video games, etc. My personal goals in life are that I can one day get into comics and be able to write and draw my own ideas, creating memorable stories that, if I'm lucky enough, can be animated, as I'd like to get into animation some day too.

To see more of my art on either Instagram or Deviantart using @2006slick.

# ESMERALDA FLORES

(Writer/Artist)

I am Esmeralda Flores, and I have had interests in drawing, animals, and reading since I was little. My inspiration comes from anime, video games, and other fellow artists on Instagram. I hope to pursue a higher education and one day work in the art world.



I am now taking commissions for artwork using @ezmeflores\_ on Instagram.

# JOCELYN GODINEZ

(Writer/Artist)

Hi! My name is Jocelyn, and I'm currently a college student studying Criminology. I'm also a freelance artist. I enjoy painting and drawing comics the best. When I'm not studying, you can find me reading some random articles or drawing.



You can find me on Instagram using @radioactivetapatio to check out my work. See you there!



# MICHELLE SOTO

(Writer/Artist)

Michelle is my name. Nothing but good vibes here!

Reach out to me on Instagram using @michelle\_s123 for art commissions.



# RANDY HERNANDEZ

(Writer/Artist)

I'm Randy, a young artist and photographer inspired by my community. My photos are based on anything around my community, such as city-scapes.

Follow my Instagram for great pictures:  
@royaltydovephotography.



# ZACARIAS REYES

(Writer/Artist)

My name is Zac. I am 23 years old. I'm currently finishing my B.A. in Chicano Studies with double minors in LGBTQ Studies and Labor and Workplace Studies. I enjoy sketching and drawing in my free time, and to de-stress.



Follow my Instagram using @calaveracafetero for more of my art.



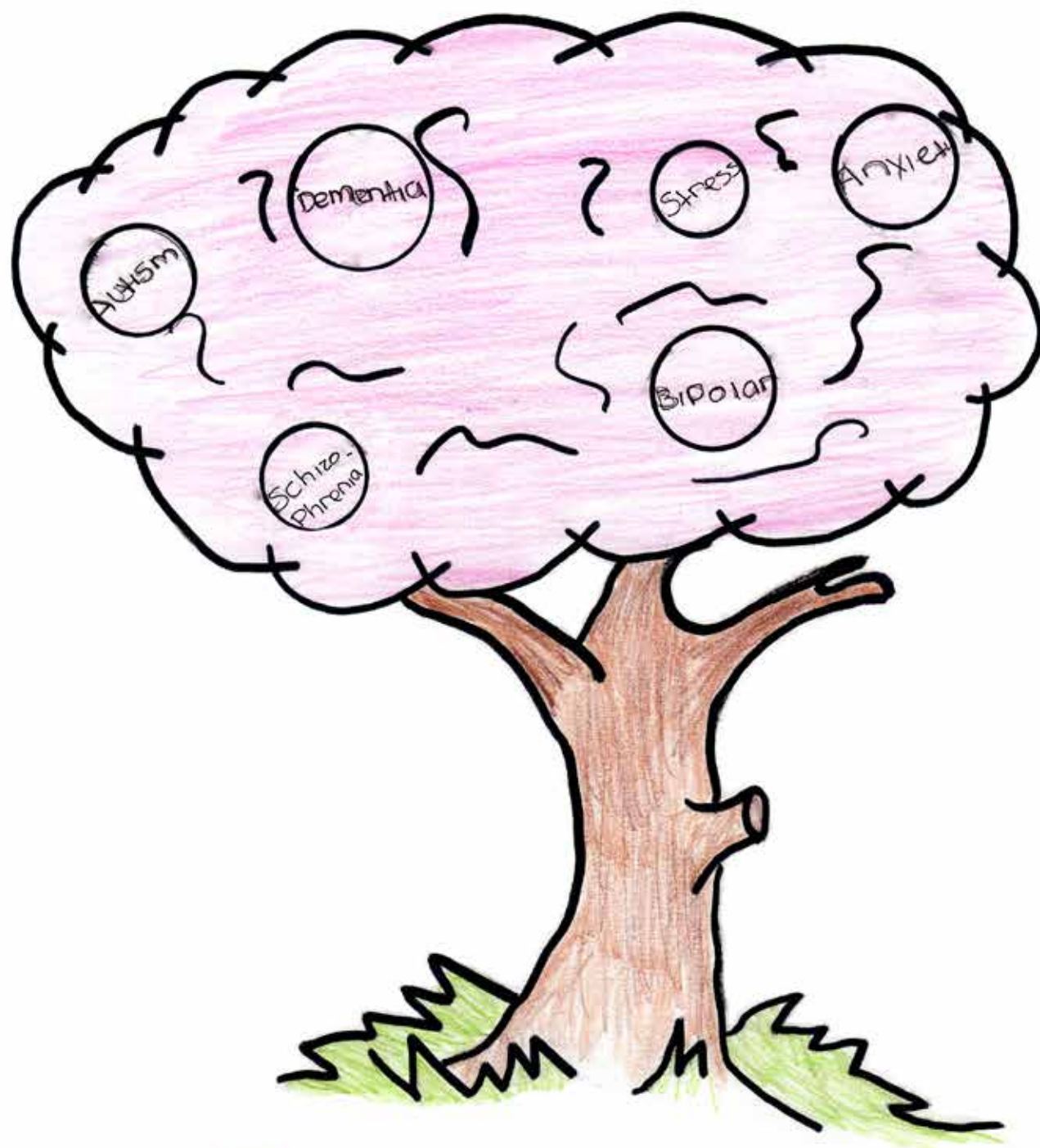
# VARIANT COVER GALLERY





# CÓMICS QUE CURAN

Volume 1



Cynthia

**DSTL**  
arts



WELLNESS • RECOVERY • RESILIENCE

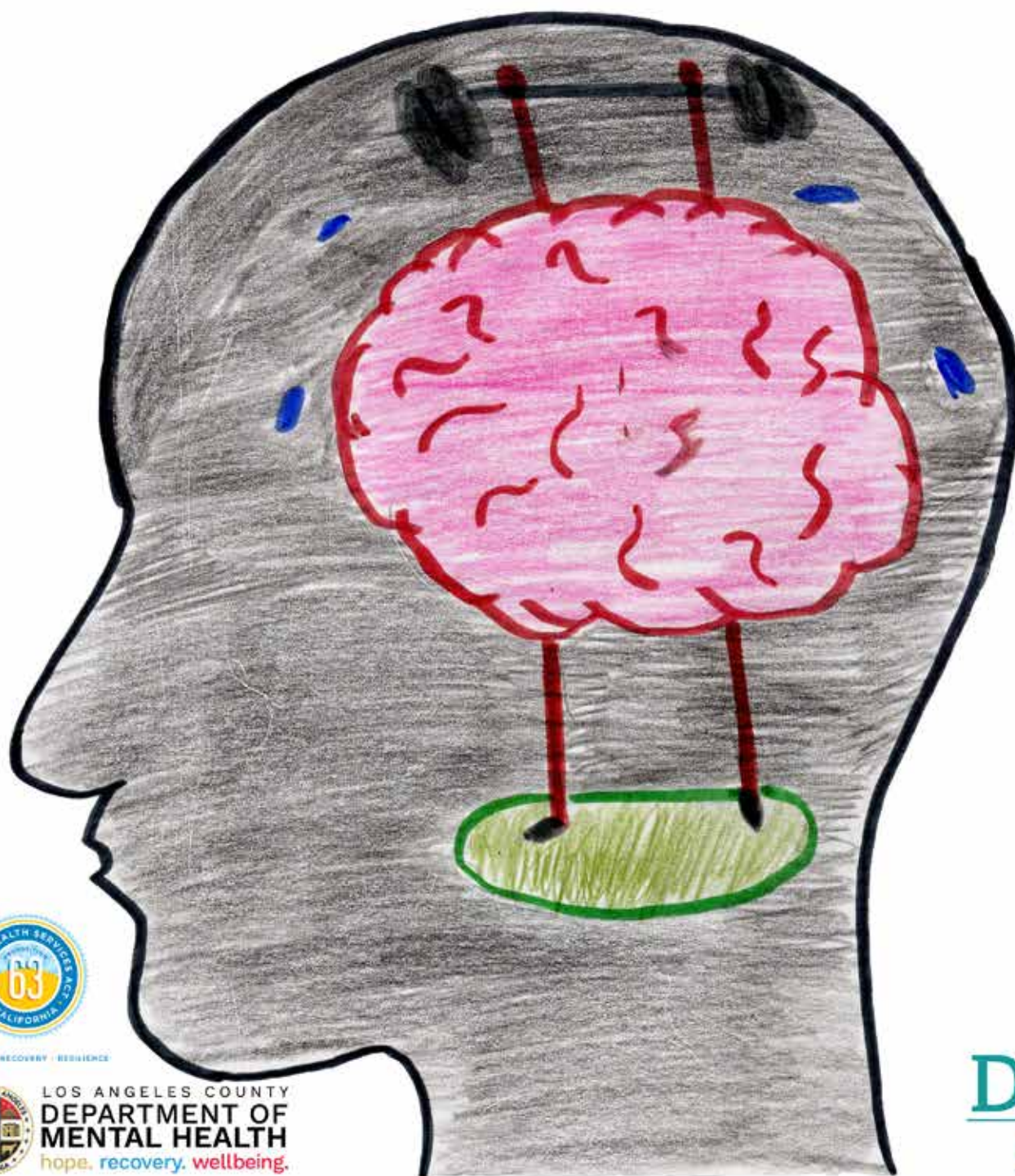


LOS ANGELES COUNTY  
DEPARTMENT OF  
MENTAL HEALTH  
hope. recovery. wellbeing.



# CÓMICS QUE CURAN

Volume 1



WELLNESS · RECOVERY · RESILIENCE



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# CÓMICS QUE CURAN

Volume 1



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WELLNESS • RECOVERY • RESILIENCE



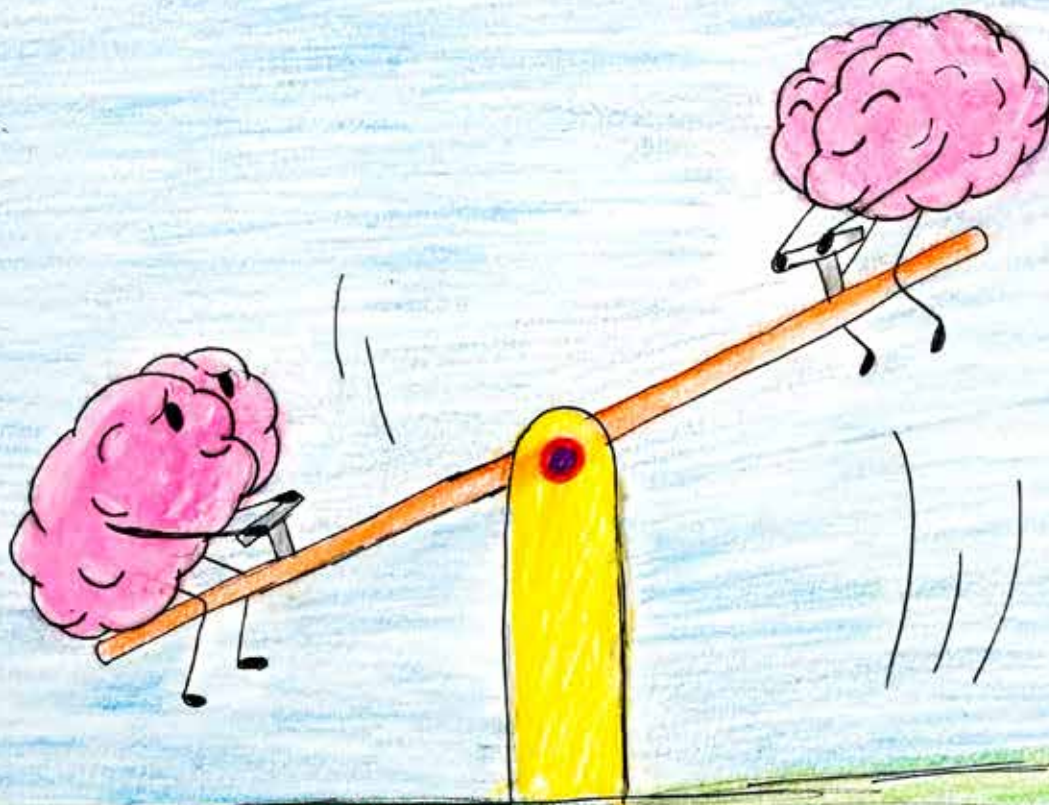
LOS ANGELES COUNTY  
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By: Destiny Villatoro



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WELLNESS RECOVERY RESILIENCE

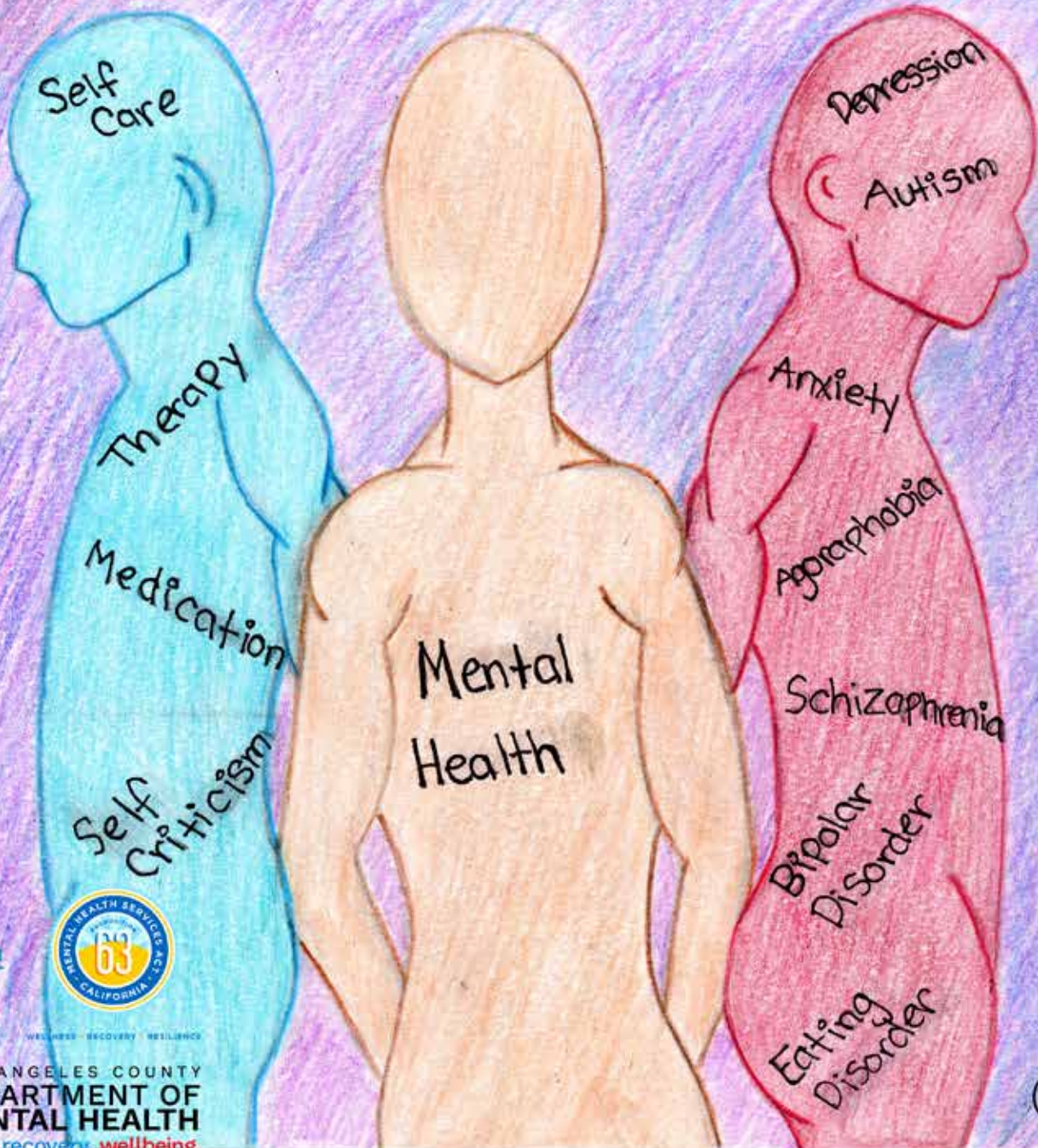


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Pandy H.



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# **LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH**

## **MENTAL HEALTH ACCESS LINE**

For 24/7 help, call the Los Angeles County Department  
of Mental Health ACCESS line at:

**(800) 854-7771**

**<http://dmh.lacounty.gov>**

The ACCESS line serves as the primary entry point for mental health services with the Los Angeles County Department of Mental Health. Services provided by ACCESS line staff include:

- Mental health screening and assessment
- Referral to a service provider
- Crisis counseling
- Mobilizing field response teams
- Linkages to other resources

### **Additional help lines and resources:**

**Crisis Text Line:** Text LA to 741741

Connect with a trained crisis counselor to receive free crisis support via text message.

**National Suicide Prevention Lifeline:** (800) 273-8255

The National Suicide Prevention Lifeline connects you with a crisis center closest to your location. Your call will be answered confidentially by a trained crisis worker who will listen empathetically, work to ensure that you feel safe, and help identify options and information about mental health services in your area.

**Disaster Distress Helpline:** (800) 985-5990

The Substance Abuse and Mental Health Services Administration's (SAMHSA) Disaster Distress Helpline provides crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.