


Comic collection



MOST has **awesome** comics to help you explore a range of mental health topics.

This is a collection of some of our favourite comics on MOST that explore mental health experiences we all sometimes face.

All of these comics are available on the MOST Explore page and they focus on topics like these: 



How to
manage anxiety



Feeling down
and unmotivated



Self-defeating
beliefs



Rumination



Body
neutrality



Challenging anxious
thoughts

How to manage anxiety: a MOST comic

*Written by Penni Russon
Illustrated by Marc Pearson





Feeling down and unmotivated: a MOST comic

*Written by Simone Howell
Illustrated by Marc Pearson









Self-defeating beliefs: a MOST comic

*Written by Simone Howell
Illustrated by Marc Pearson





OH NO...
COOL GIRL
FROM SCHOOL...
SHE'S NOT GOING
TO MOVE HER BAG...
SHE'S NOT GOING
TO MOVE HER BAG...



OH,
HEY!

ARE YOU
AN ARTIST?

UHH, SAY
SOMETHING,
SAY
SOMETHING.

"I'M AN
UNPOPULAR
ELECTRIC
EEL"...



I WONDER IF I
COULD JOIN IN...
AS IF...
I'M NOT GOOD
ENOUGH.
WHY DID I WEAR
THIS STUPID JACKET??





Rumination: a MOST comic

*Written by Penni Russon
Illustrated by Marc Pearson





Body Neutrality: a MOST comic

*Written by Simone Howell
Illustrated by Marc Pearson



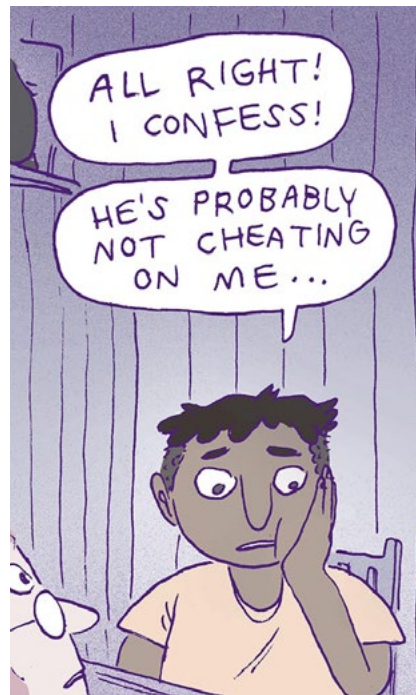
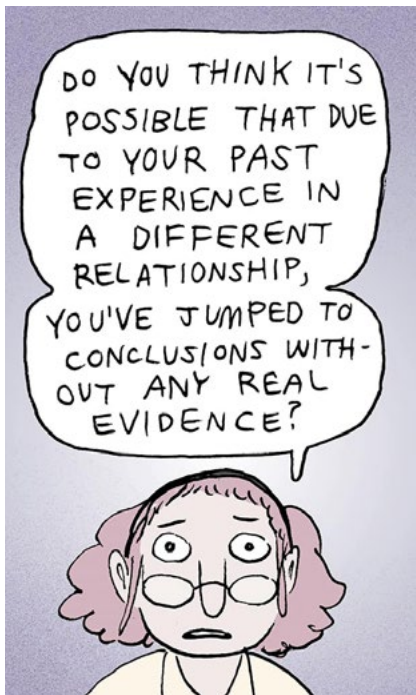




Challenging anxious thoughts: a MOST comic

*Written by Penni Russon
Illustrated by Marc Pearson





Get mental health support when you need it on MOST

It's 24/7 digital therapy for young people aged 12 to 25



Now available as an app!



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