

# TICKLING THE STIGMA

10 Cartoons Poking Fun at Some of Our  
Inappropriate Responses to Mental Illness



Cartoons by the Editors for MentalHealthTalk.info  
Trish Hurtubise & David Templin

# REUSE OF OUR CARTOONS

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Our policy on reuse of our cartoons is: PLEASE DO!

The intent for this booklet is to increase awareness of Mental Health issues by poking fun at the stigma of mental illness. That means we would like as many people as possible to see the cartoons.

We do ask you for the following considerations:

We would prefer the cartoons are not altered in any way. In that way we can be sure we are not given credit for any improvements you might make to them. It would be very hard for us to live up to expectations caused by someone else's improvements!

If you publish any image on your web page or through social media, would you be so kind as to credit us by providing a link to <http://mentalhealthtalk.info>.

JPEG versions of the cartoons can be obtained for free by contacting us at [trish@mentalhealthtalk.info](mailto:trish@mentalhealthtalk.info).

For commercial sites and publications, we humbly ask you to obtain permission from us to publish our cartoons. We have nothing against free enterprise. We can be reached at [trish@mentalhealthtalk.info](mailto:trish@mentalhealthtalk.info).

# *PREFACE*

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How can we make fun of the mentally ill? Are we crazy?

Let us answer the first question, and maybe you will see the second question just might be inappropriate.

We are not trying to make fun of those of us who live with the affects of mental health issues. We are trying to poke fun at the stigma of mental illness.

The stigma of mental illness is prevalent in our society. We often see it in the work place, in our relationships with friends and family and sometimes even in ourselves. The stigma tells us that those of us who suffer from mental and emotional conditions are somehow less human than everyone else. It says we are to blame for our condition and we should be ashamed. Even though we know that to be untrue, it still hurts.

Our intent is the following: If we can help make people laugh or smile at the inappropriateness of the stigma, then maybe some of the power it has over us will dissipate. We may be less likely to be hurt by the stigma if we can laugh at it.

Stigmas are caused by ignorance. We hope that you may share this book with others so that as many people as possible will learn to identify the stigma and see how inappropriate it is. If we can make a few people smile, then all the better!

# ABOUT THE CARTOONISTS

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David Templin is a retired systems analyst from Ottawa Canada who enjoys eating, sleeping and other even less demanding activities. He keeps busy by volunteering to help seniors and helps organize an annual dinner to feed well over a thousand less fortunate people on Christmas Eve. His greatest

joy in life is when he successfully makes people smile and laugh. He is a regular contributor and editor at [www.MentalHealthTalk.info](http://www.MentalHealthTalk.info).

Contact David at [david@mentalhealthtalk.info](mailto:david@mentalhealthtalk.info)



Trish Hutubise always wanted to be a cartoonist and when she was ready to try, she just so happened to be creating a web platform for people with mental ill-health experience to tell their stories. The two were a perfect match and she loves to illustrate the details of real life in

her cartoons. She is the founder, a regular contributor and editor at [www.MentalHealthTalk.info](http://www.MentalHealthTalk.info).

Contact Trish at [trish@mentalhealthtalk.info](mailto:trish@mentalhealthtalk.info)



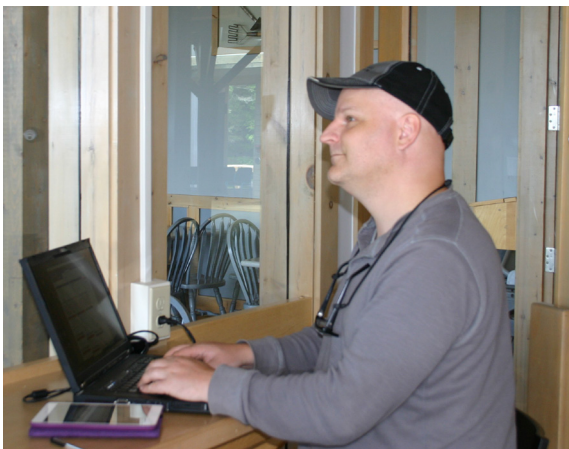


Trish & David 2007

Trish & David have been good friends since 1994. They first met when thrown together as customer (David) and vendor (Trish) on a software project now legendary in the history of system installations predating Y2K (well in their minds anyway).

Their first argument was over the accuracy of rounding. It was not their last. But every conversation they've had ends with David making Trish laugh.

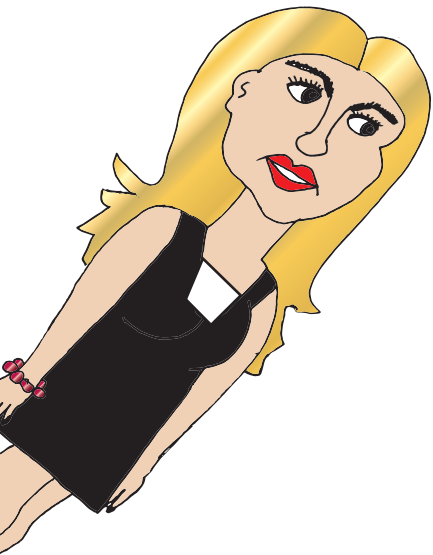
## *THE SUPPORT*



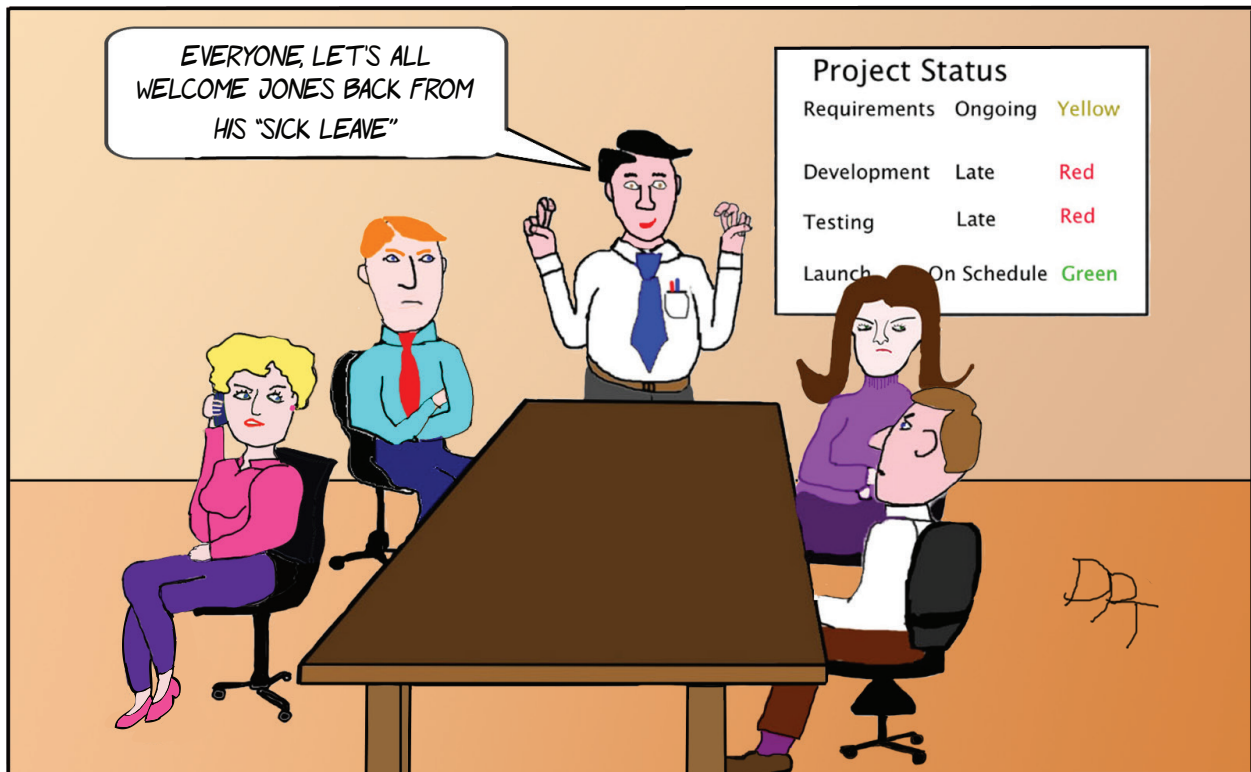
Alain Hurtubise is the guy Trish goes to when she needs help with the web, software, graphic design, photos,... when her keyboard won't work. Thank god they live in the same house and love each other.



# THE CARTOONS



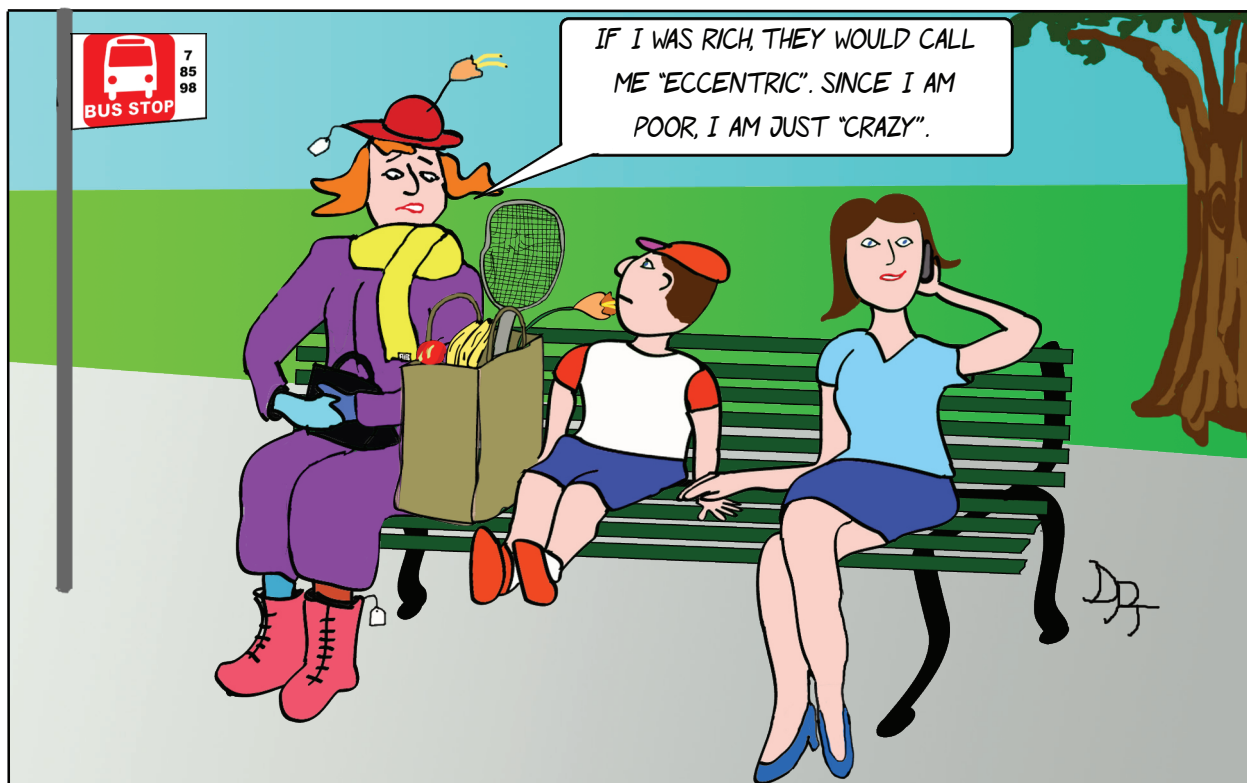




Jones wasn't sure if his office empathized with his work related anxiety disorder.

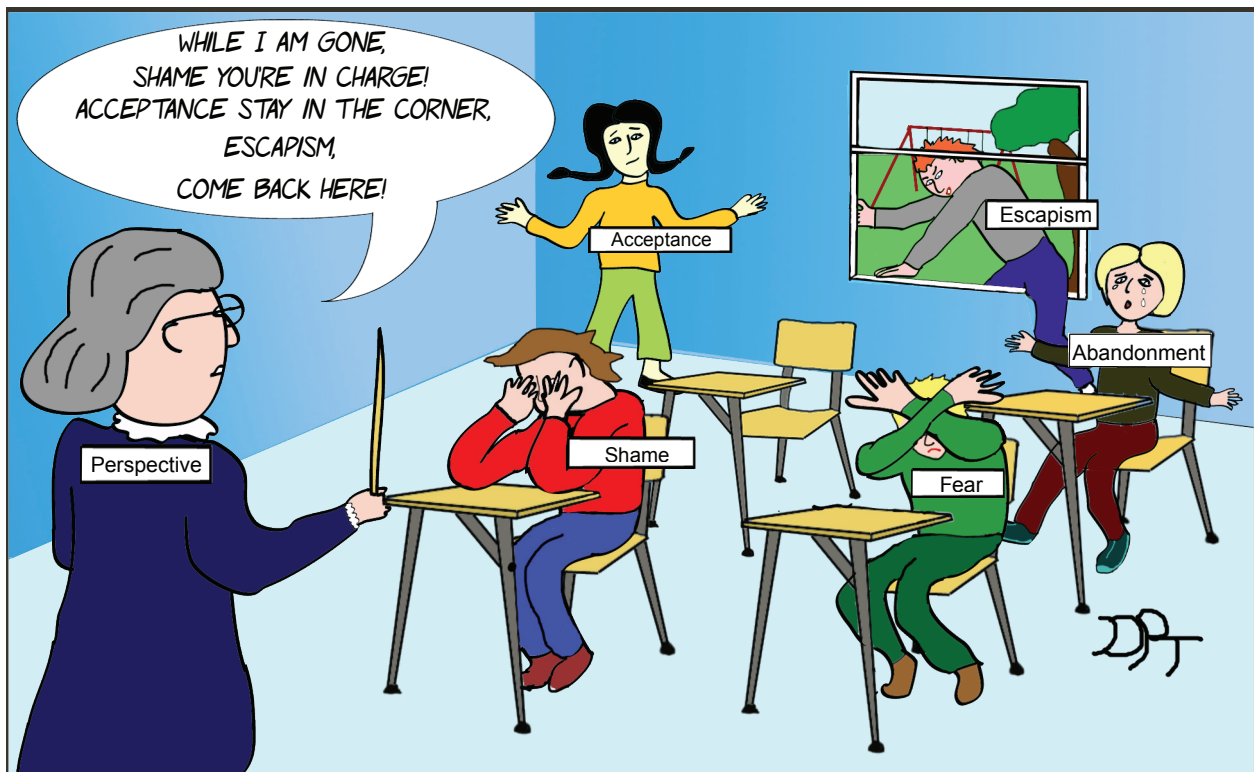








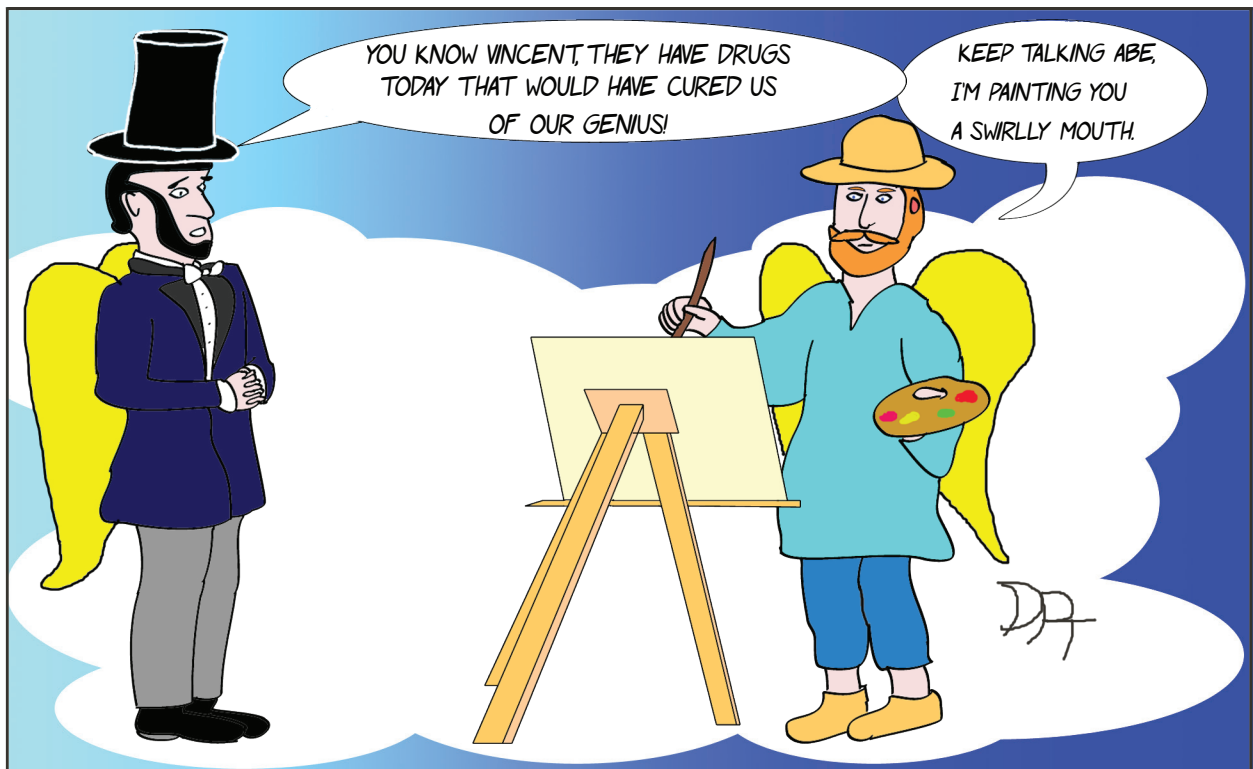
There were some classmates Sherri was comfortable with knowing about her depression. Bob wasn't one of them.



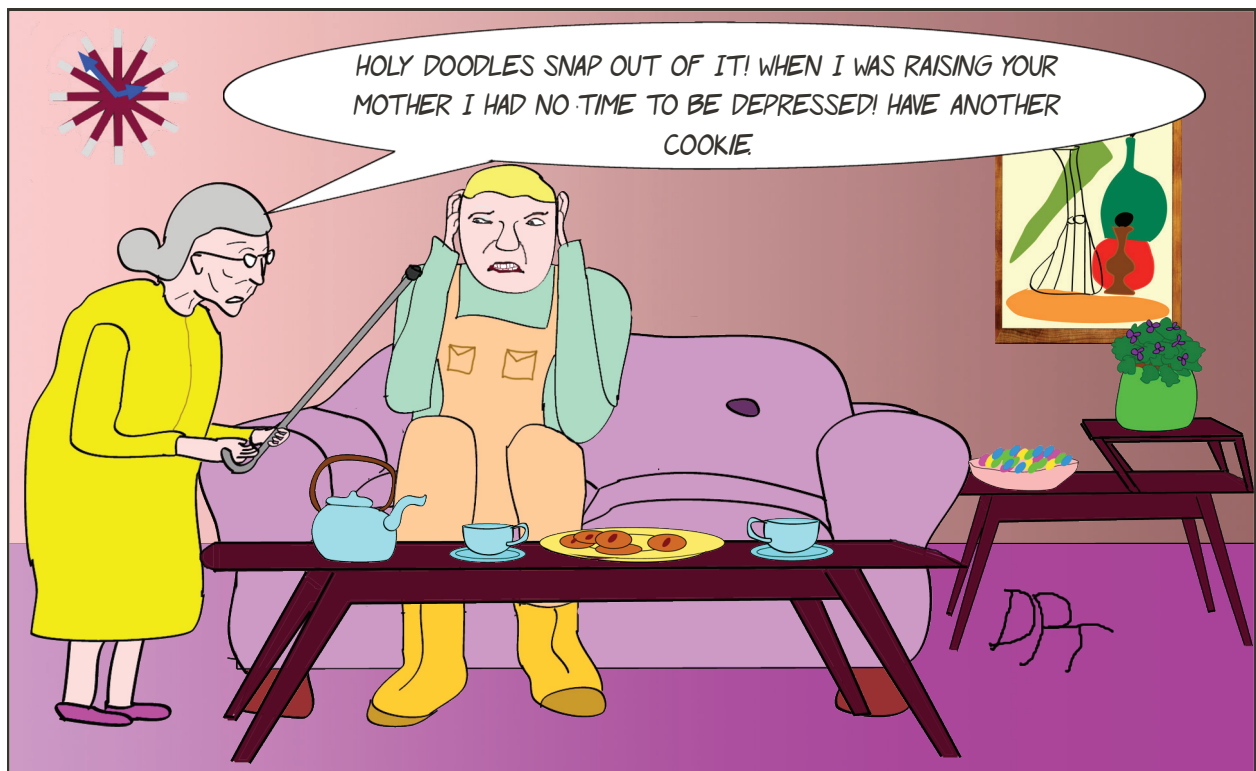
Faced with our own mental health issues, sometimes we let shame take over.











Thank you for reading and (hopefully) laughing.

We'd love to hear your feedback so please visit <http://mentalhealthtalk.info/cartoon-ebook> to leave your comments.

If you enjoyed this e-book, please share it with everyone!