

STORIES OF RECOVERY



ANTON

Finding the way ahead





WORKING FOR HEALTH

The Story Project

True stories of recovery



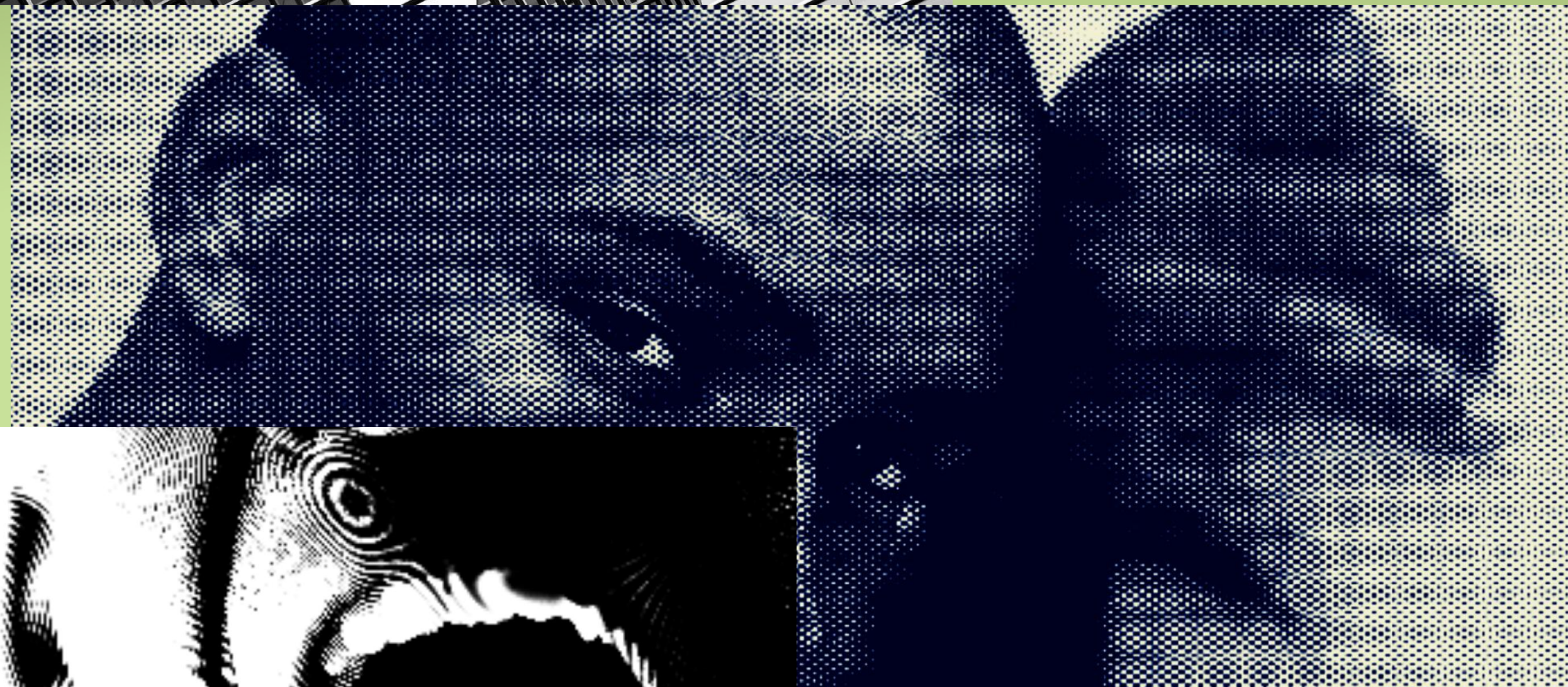
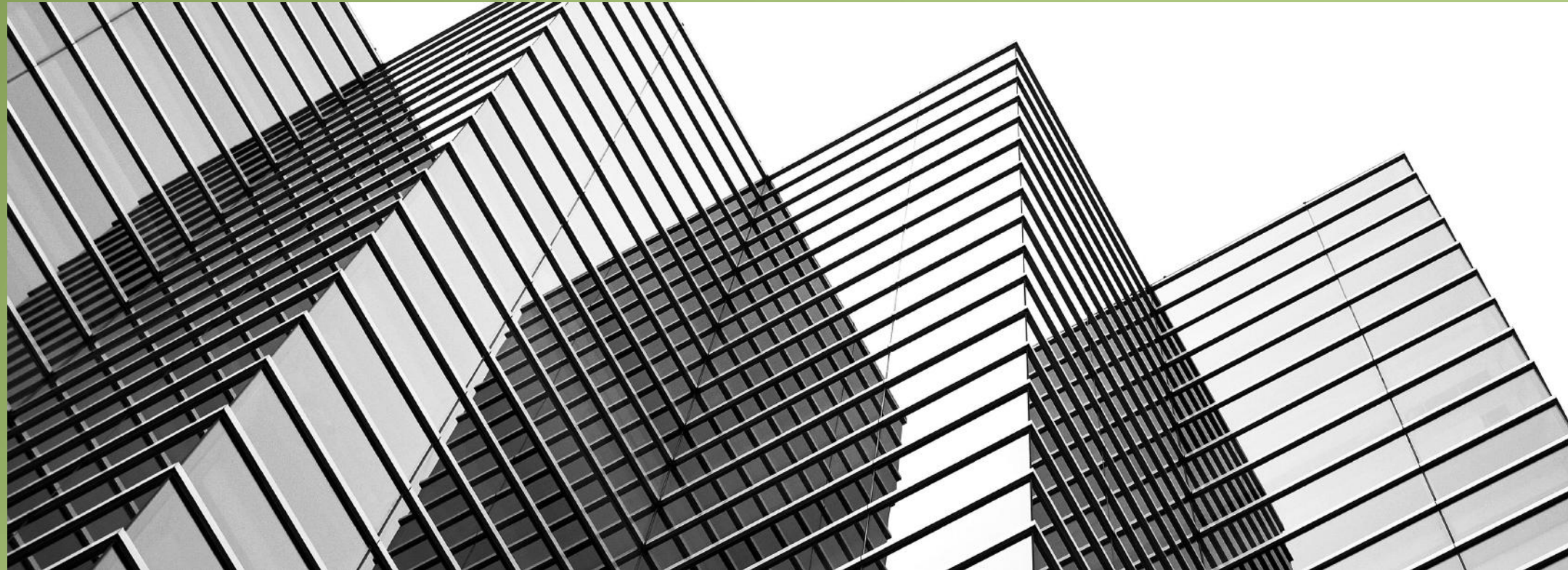
PAINT the MOUSE
productions

CREATIVE ENGAGEMENT



ANTON'S STORY

STOP / SURRENDER / REBOOT / SUCCEED



On my way!



FASTER!

FASTER!



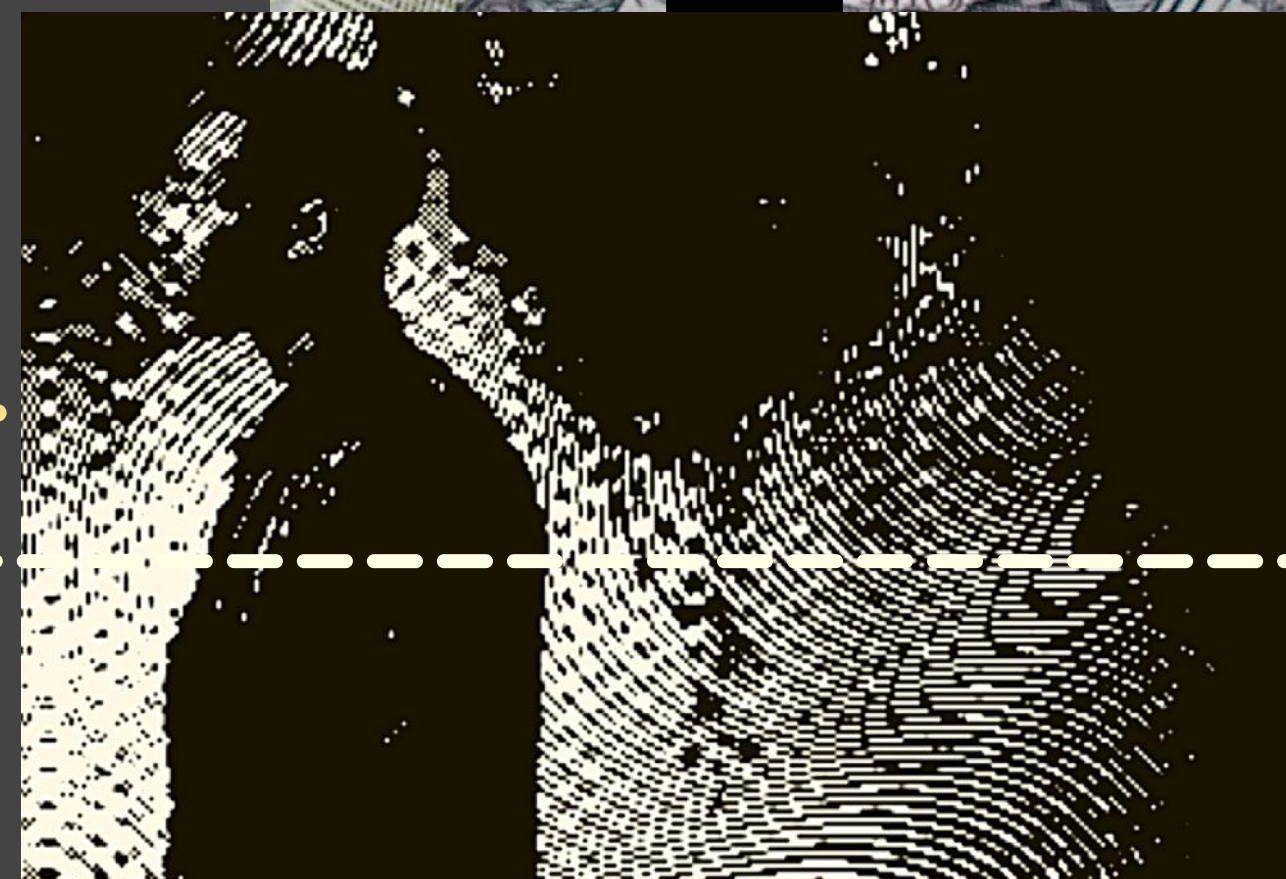
S T O P


S T O P ?

I guess I must have
looked OK.

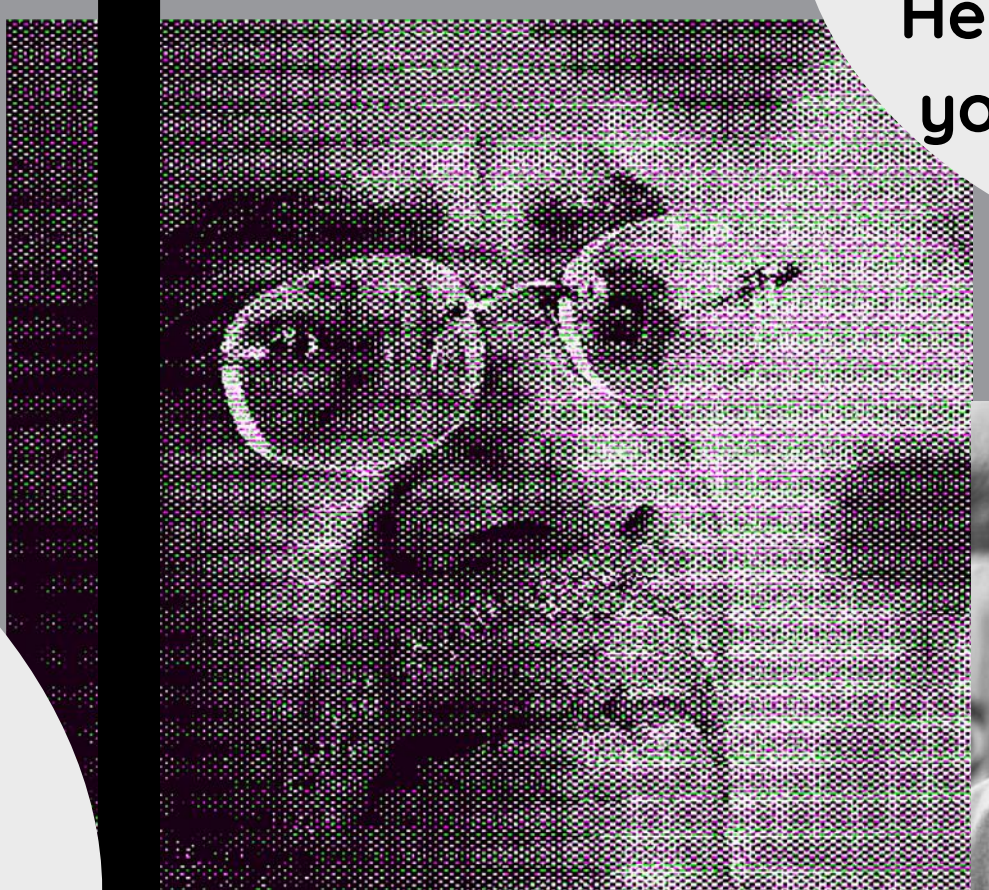
But that was
not how it was.

Not every day.


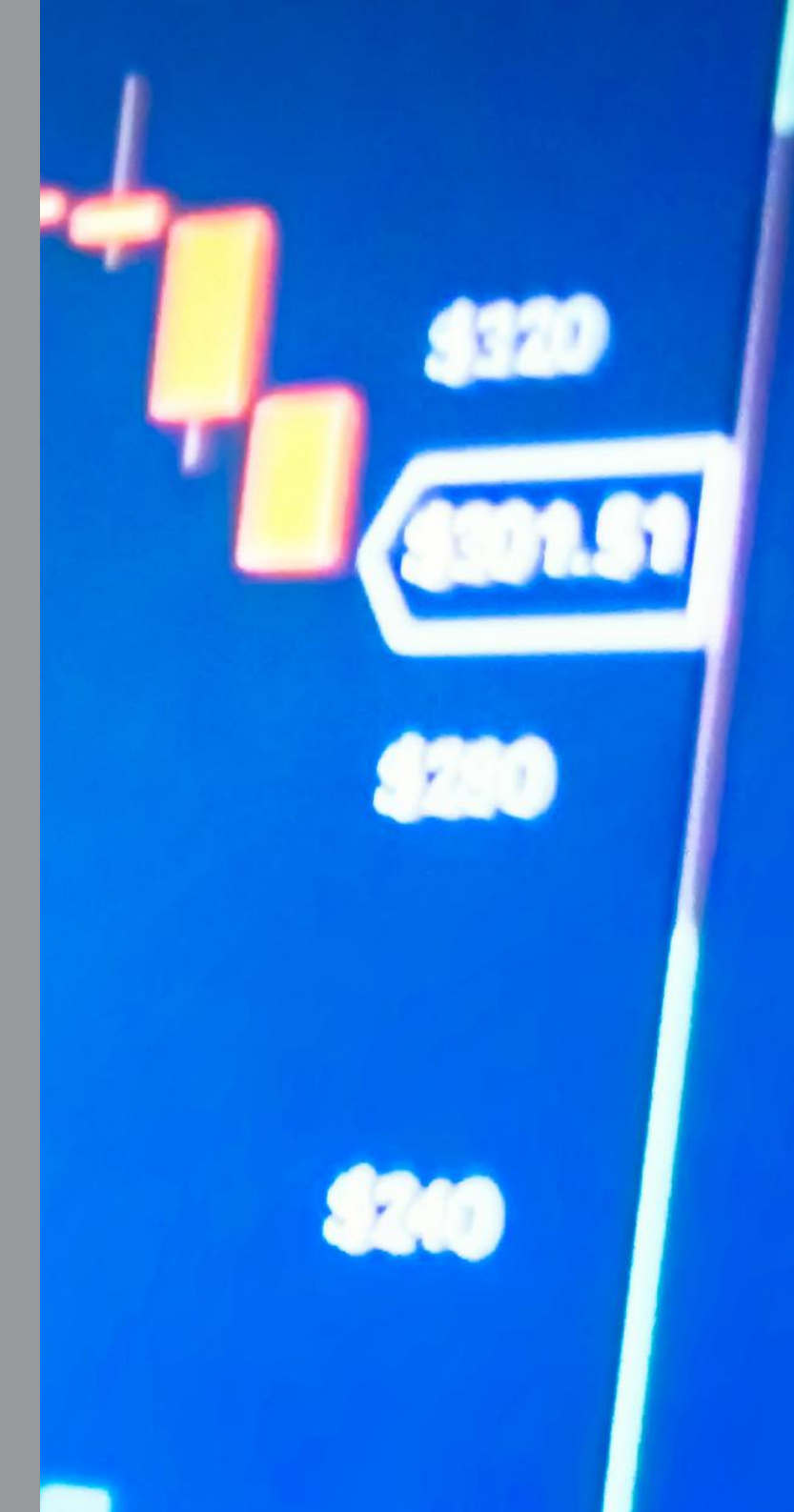




I'd go
'there's always a way
forwards' - but no.
That was not so.
That was NOT so.
What did I know?



I was worried about him.
He was so confused,
you know?



I put on the suit for work
'You suit the part, the role the look
It all looks good' they'd say'

And that was
not how it was.

W O R K

W O R K

W O R K

YOU GOTTA WORK BETTER
SMARTER HARDER
IF YOU BE UP THERE
IF YOU WANNA DARE
TO WANT TO BE
NUMBER
ONE

INTERVIEW NOTES

Q. DO YOU ENJOY YOUR JOB?

A. I DO. IT IS HIGH REWARDING, SO
FULFILLING.

Q. YOU'RE A SUCCESS.

A. I'M HEADING TO WHERE I WANT TO BE.
TO THE TOP.

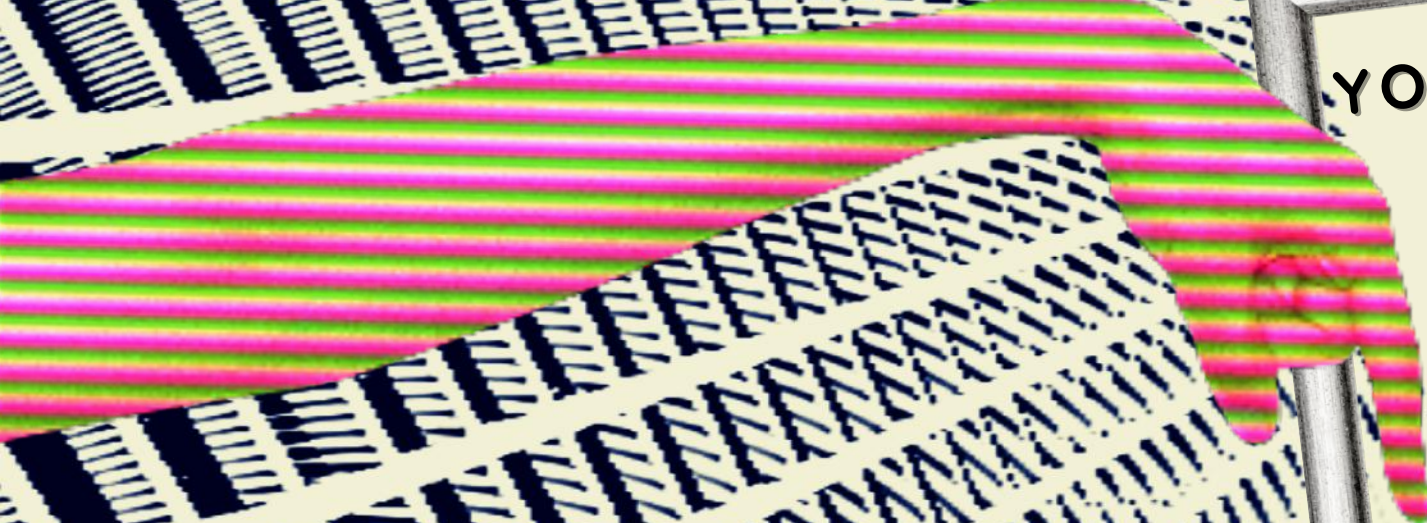
Q. AND HOW DO YOU FEEL?

A. LIKE I ALWAYS DO! GREAT. THAT'S ME.
I DON'T WANT TO STOP!

I'll be late home tonight.
And tomorrow.
This weekend? No, sorry. Go
without me. Busy!

SEE HIM?
SEE - THAT'S WHO I WANT TO BE.
LIKE HIM.
HE'S DONE IT.
HE'S GOT THE LOT,
CAR, HOME OK SO NO YACHT
BUT HOW FAR AWAY CAN THAT BE?!

B U S Y



W O R K

W O R K

W O R K



That was not how it was

inside

Inside

I was not OK

Not OK

And no smart tie
or my want to go high
in my job
would heal me

SO

Cancel
meetings

WHAT ARE YOU
DOING?

You can't just cancel!



I STAYED AT HOME

This was before the pandemic.
Working from home wasn't an option then.
You went to the office
for 9-5, 8-6, 7-7
whatever 's required in case you're fired
But stop?
Never.

On what grounds?
On what grounds
would you just
STOP?
What's up with
you?

Diary Yesterday work
came to an
abrupt and
premature end.

goodbye

S U R R E N D E R



SURRENDER

I am anxious all the time
I worry about the future

I take medication

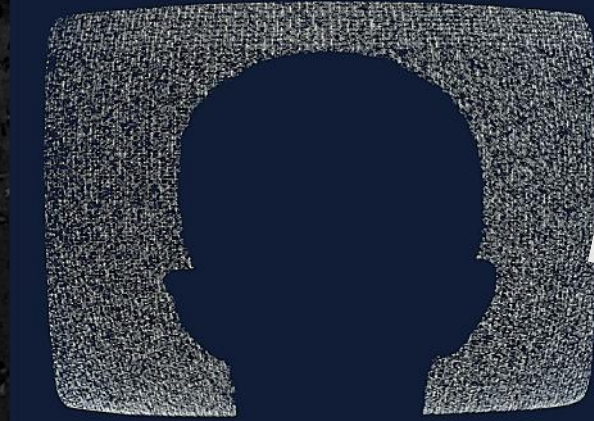
and the symptoms ease
but the toll increases

I hide away, withdrawal
from all of the world all
its noise and speeches

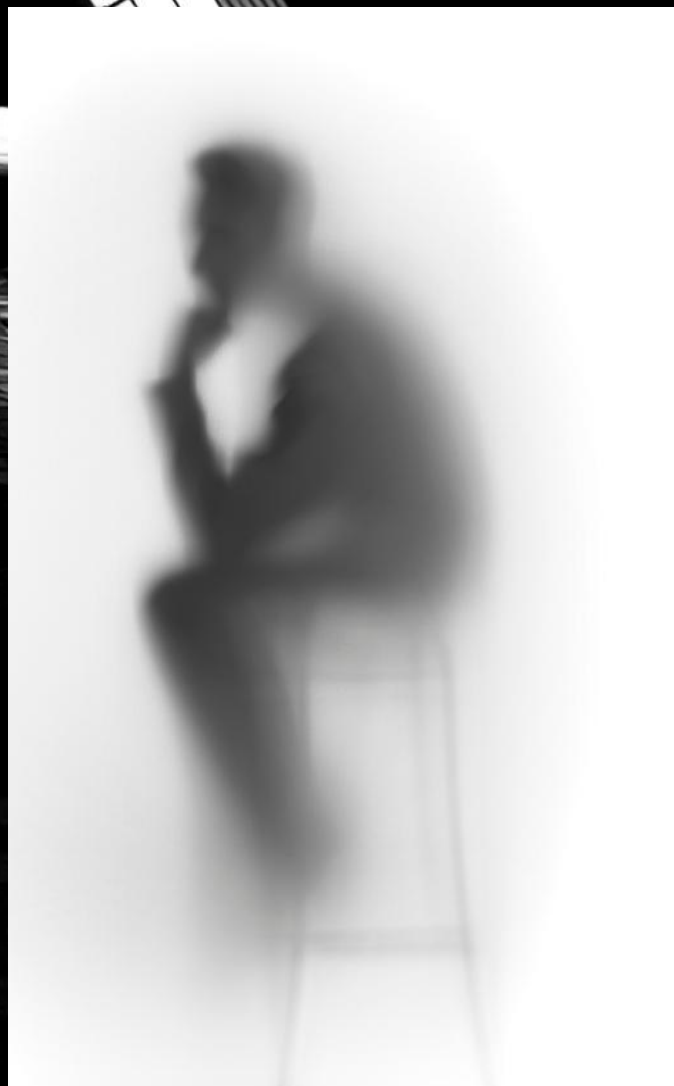
because I know

one thing now

one thing I know:



Diary
What started as mental exhaustion
has become something else.
I rarely leave the house.
I cannot see other people.
I have lost my home and family.
Serious ill health has ended
everything.
I do not see any light.



**NOTHING
can be done**

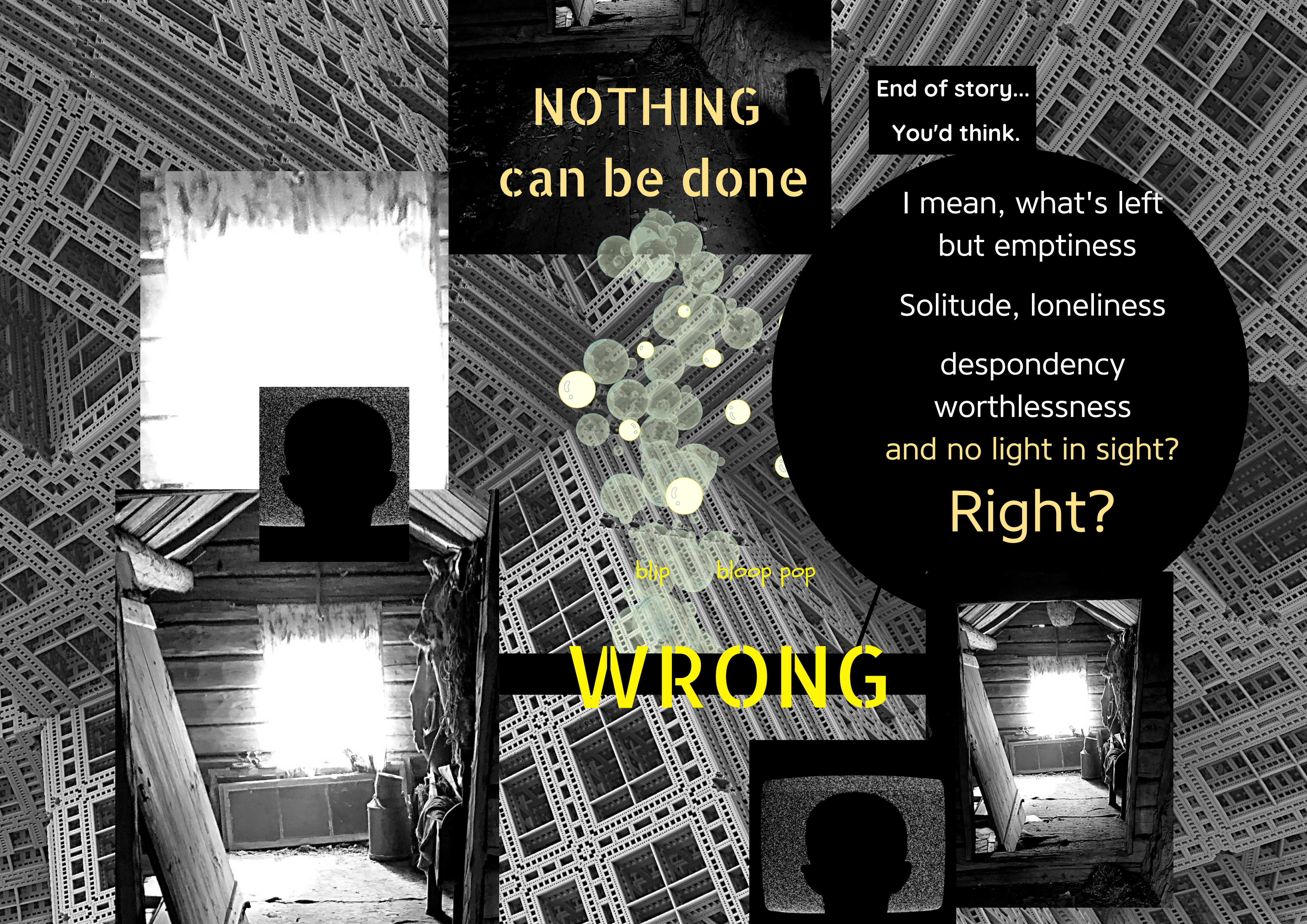
End of story...
You'd think.

I mean, what's left
but emptiness
Solitude, loneliness
despondency
worthlessness
and no light in sight?

Right?

WRONG

blip bloop pop



W R O N G ?

REBOOT

All it took was an email.
I just said hello.

So little a thing
So beyond me to think
I could do it

But I did

DID

DID

DID



CREATE
GO
IDEAS
COMMUNICATE
SUCCESS
THOUGHTFUL
RESILIENT

UNDERSTANDING

GENEROUS

THOUGHTFUL

DEDICATED

EXPERTISE

LEARN
IDEAS
FINANCE
DATA
PROJECT
TIME
FUTURE
MOTIVATION
VISION
PLANNING
TARGETS
STRATEGIES
BRANDS



 Participate

Diary
Getting involved in person and on
Zoom has given my life meaning
and my Recovery - my Reboot -
is under way.

They showed me the way back.
They showed me HOPE.
And all free.





He got in touch with me!

Diary
My focus had been on what I could
not do as opposed to what could be
achieved with a little courage.
Just try!
So I did.
I reached out.
And what I found has changed me
forever.

**As well as the practicalities of
finding work
And the realities of maintaining
work**

**I found physical health
and mental health
and a wealth
of varied and enriching ways
To spend my days
in getting back
to where I wanted to be.
In getting back to me.**



Here's what I want to say.

First,
if you dwell on the past you'll
never leave it.
All you've got is now.
Don't forget.

Second,
when you think if here's hope you
can't find it
and you don't know how
to be better
take the first step.



I know what you're thinking.
Do I miss him?
That other me.
That earlier one
That 'number one'.
No.

That guy was fraught
distraught
no slowing
no thinking
too solo
a no-go
for others

But if I wanted
If I really really wanted
to be him again?

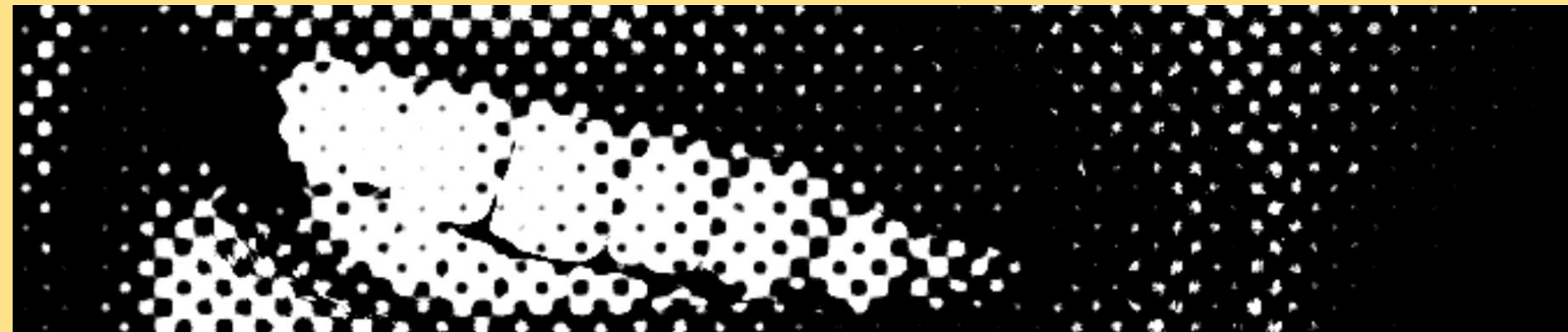
Only the good bits.



SUCCEED

S U C C E E D

STORIES OF RECOVERY



Bridging the gap between mental health and employment services for Hull, Selby and the East Riding of Yorkshire.

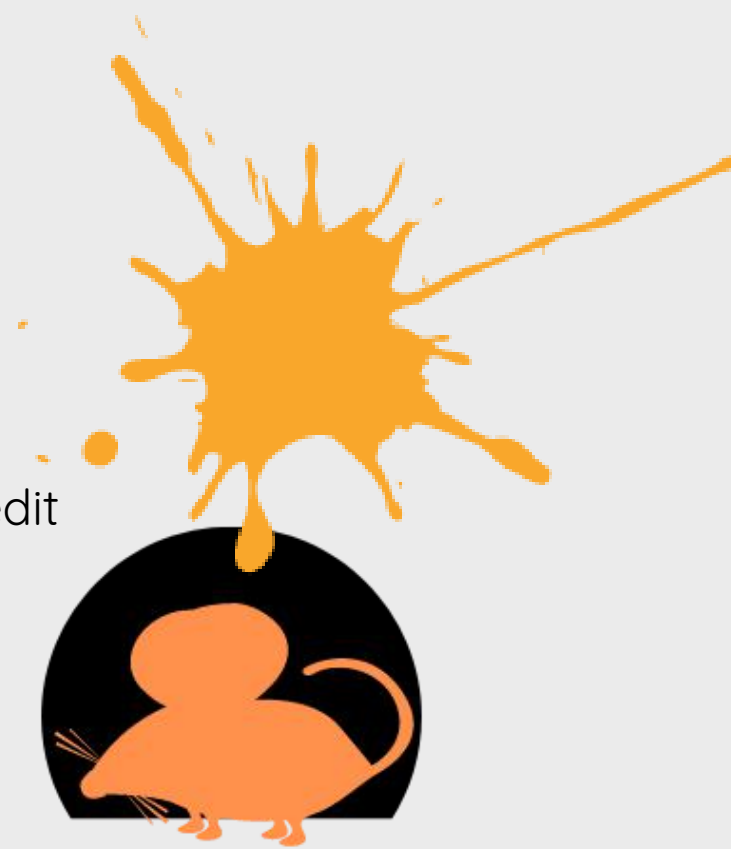
Read the comics, check out more stories online, find out how we can help you - and say hi to us at hello@workingforhealth.co.uk www.workingforhealth.co.uk



Funded by the kindness of others.



Design Credit



PAINT the MOUSE

CREATIVE ENGAGEMENT

email: paintthemouse@outlook.com



Music Credits

Try To Fix It by Sascha Schulz

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Rock Guitar Intro 03 by TaigaSoundProd

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Working for Health

