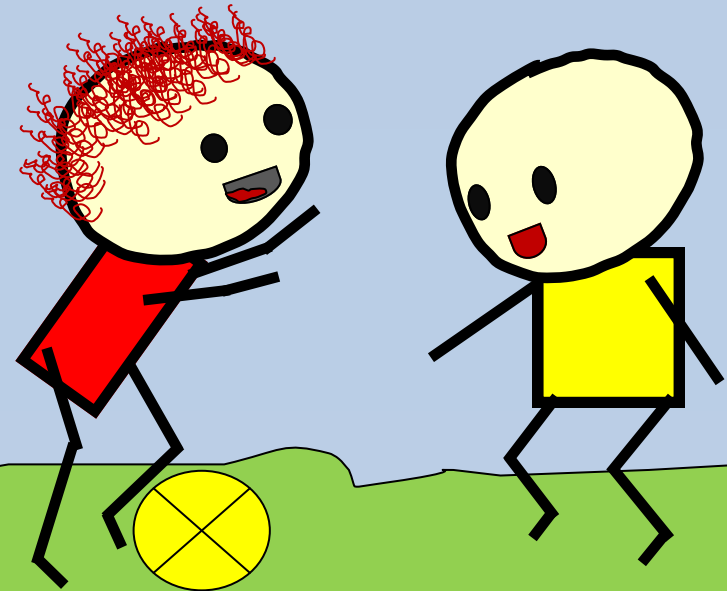


MY HAPPY CUZZY

MY HAPPY CUZZY

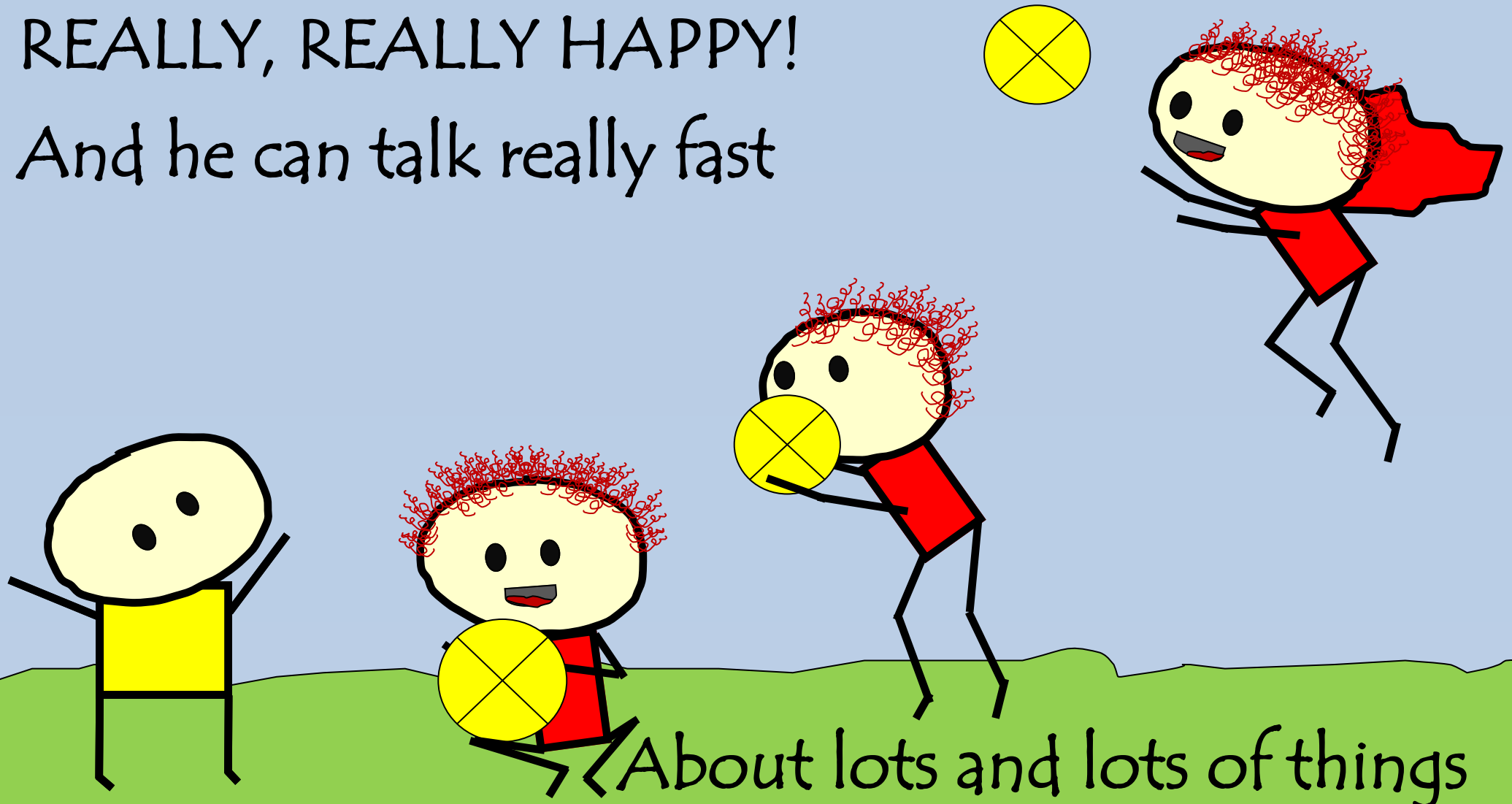
A SOURCE OF SUPPORT TO HELP CHILDREN
UNDERSTAND THE DIFFICULTIES OF LIVING
WITH DEPRESSION



A STORY DEALING WITH DEPRESSION

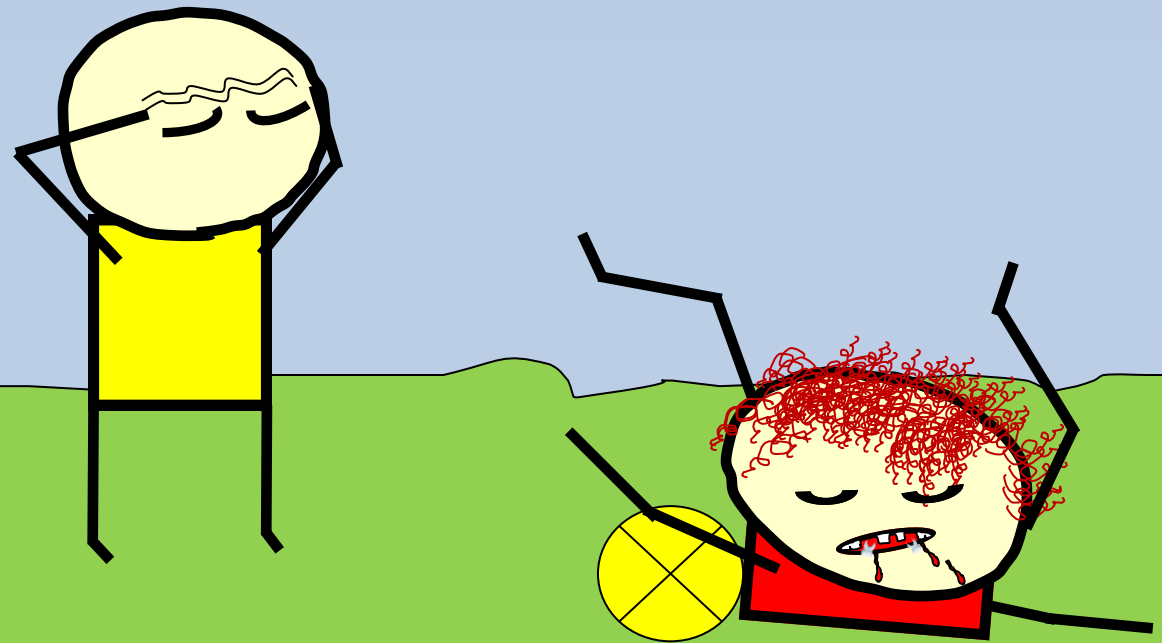
BY EMILY PEARSON

Sometimes my cousin is really happy,
REALLY, REALLY HAPPY!
And he can talk really fast



About lots and lots of things
..... He says he's like superman

Even though some-
times he's too bouncy
And does something
stupid.

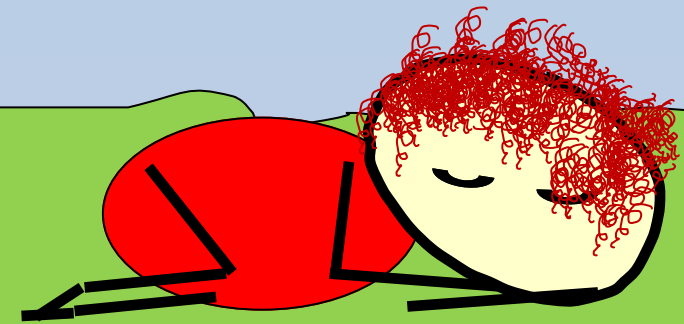
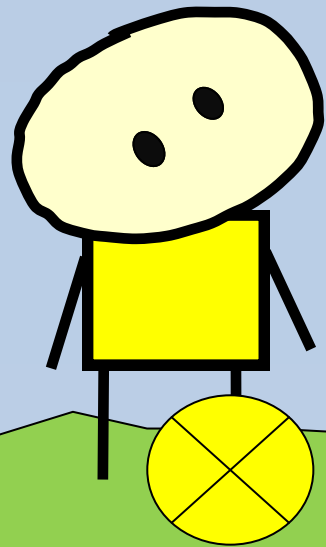


But when he isn't happy
He's really, really sad.
He isn't superman anymore

No play

No jokes

He just wants to sleep

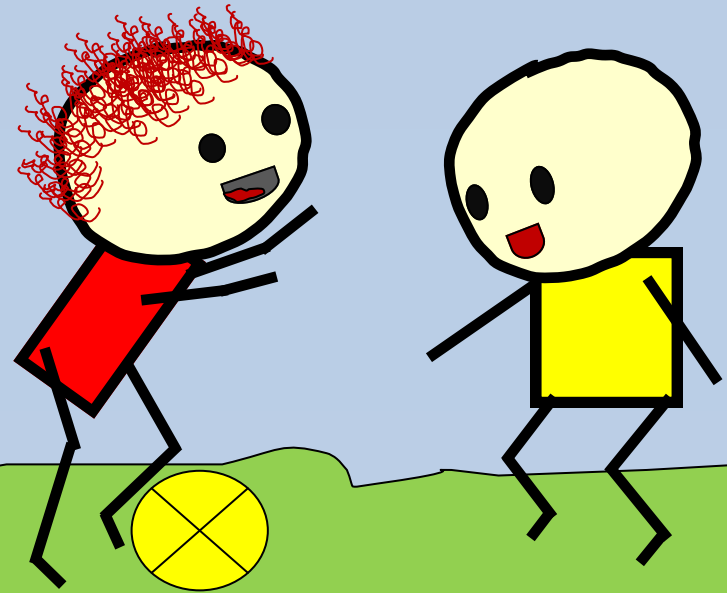


But I can always try to
cheer him up
Until he's happy again
Even though sometimes
it can take forever

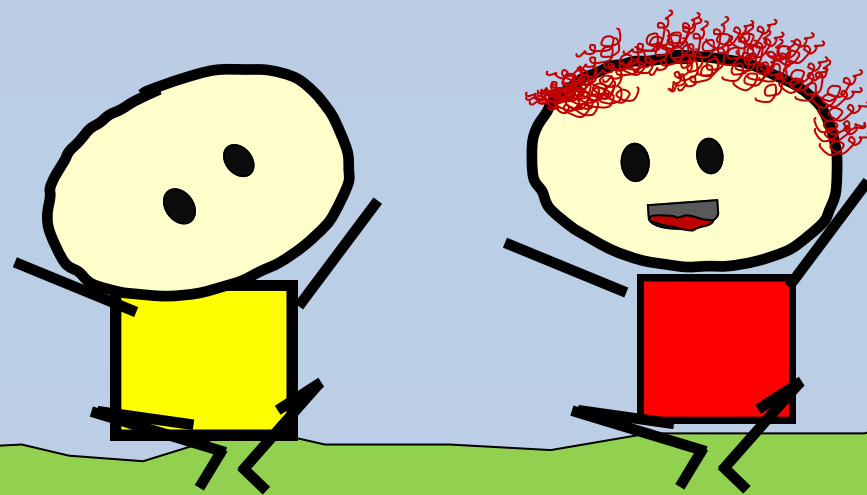


But I know he will be happy
again

Sooner or later, when he gets
to be happy again,
He'll feel like superman



Maybe cuzzy isn't always in his happy place,
And maybe he can't always be my favourite happy
person,



But I still love him, and we love being together,
whatever our mood.