

Book Review

Phoebe's Mental Health Journey

"I really like the book from the pictures to the content. I like it even more since it's written by someone I know and based on a true story. I felt so closed, so touched by the author's story. You had inspired me to overcome my own problems in life by reading your book. I also found one thing in common we agree on: that we don't need many friends, but only one true friend that is there for us when needed, is enough." – **Huyen Pham, Trans Family Salon, Coatesville, PA**

"The book was very informative, and my nieces' moms liked the content section with phone numbers to seek help if they need it." – **Jamoca Harkins, Parish Administrator, Episcopal Church of the Trinity, Coatesville, PA**

"The combination of Ariel Abbott's story and graphic artistry reveals many layers of the incredible emotional depths of Phoebe's Mental Health Journey. It is striking to see from the lens and perspective of this author, the diverse ways in which depression and anxiety may reveal themselves to a young person. I discovered that Ariel's analogy of a 'monster eating away at your emotions' was so powerful visually and authentically honest from her sharing with friend, Krista. Ariel expertly combines the psychological and emotional reactions that can occur when experiencing anxiety and depression. The power of reaching out to and asking for support from others who are friends, family, counselors, and specialists can be part of your toolkit and resources to process the anxiety and depression. Ariel Abbott's story is one that is on its own parallel journey in Pennsylvania and beyond, expanding its impact with young people and the community." – **Nicky Westhead, Global Executive and Team Coach and CCF mentor, PA**

"I was so excited to hear the author read the book Phoebe's Mental Health Journey at the Coatesville Library. The story of mental health for teens is so important, but my favorite part is the art! I love the graphic design and the colors of the graphic novel!" – **Erika Haak, Coatesville Area Public Library, PA**

"This comic book is amazing, extremely informative and needed at this time in the world to help people have a deeper understanding of the factors and principles of maintaining mental health." – **John F. Champoli, Vice President for Enrollment Management, Elizabethtown College, PA**

"It's a story that initiates the conversation on mental health awareness for teenagers". That was the response from Ariel Abbott when I interviewed her about her book "Phoebe's Mental Health Journey". It is exactly what this book is all about. Sometimes, or most of the times, we

are trying to hide this topic from our daily conversation. Especially as a mother myself, a Diaspora Indonesia who was born and grew up in Indonesia, I found that not only teenagers who can benefit from this book, but also parents, immigrant parents like me. A topic which probably was 'taboo' to discuss when I was teenagers, is actually real, very real.

I am glad and proud that Ariel wrote this book. Hopefully it will open up our eyes to what is really happening around us.” – **Nia Iman-Santoso, Senior TV Producer, Voice of America, Washington, DC**

“Love the illustrations for both the cover and the comic inside, but what's even more lovely is the content of this book! It tackles hard-hitting topics with compassion, humor, and relatability and makes the reader feel like they're not alone in their battles with depression and anxiety. Even if you haven't been officially diagnosed with anxiety or depression, I guarantee this comic will feel like a breath of air. Phoebe is my new favorite character ever.”— **Angelia Schmerr (9th grade), Cincinnati Hills Christian Academy (CHCA), Cincinnati, OH**

“This comic book is a real story from the author’s personal experiences with depression and anxiety, so everything in it you can relate to, and the book was very engaging from start to finish. At the end of the book, you will feel more informed about what to look for and how to seek help when you’re dealing with depression and anxiety, either for yourself or your loved ones. This book is a “must” read for young readers.”— **Desy Schmerr, a full-time housewife, Cincinnati, OH**
