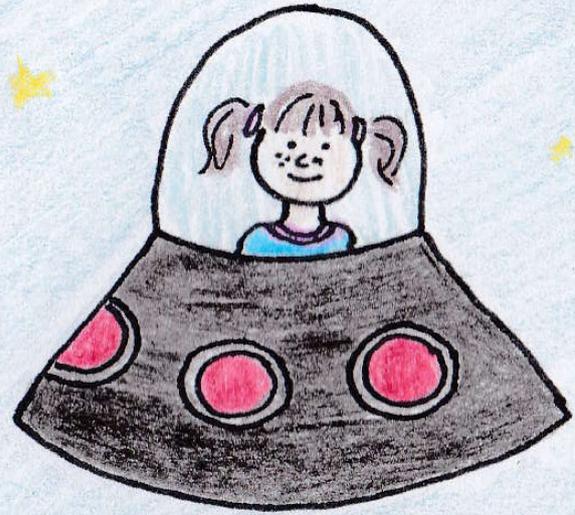
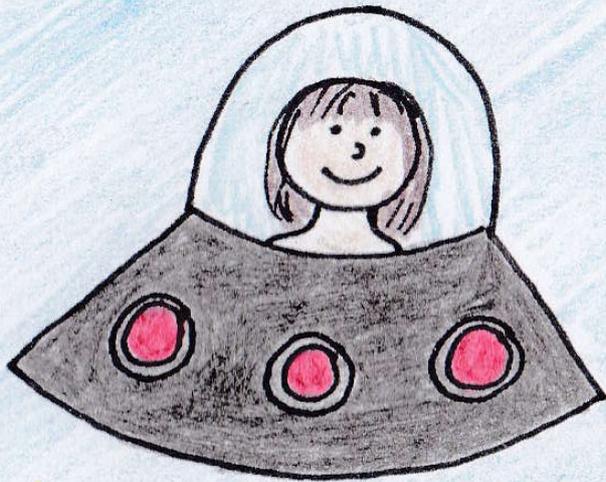


A resource for young people and their families.

Claire Capel-Stanley Pictures by Denna and Nicole Healy

Bella and her mum live on separate planets.





LOVE

LONELY

JOY

HAPPY

free

SAD

SCARED

Sometimes they get along well,  
helping each other travel through space.

Other times, they're far apart,  
floating in distant parts of the galaxy.



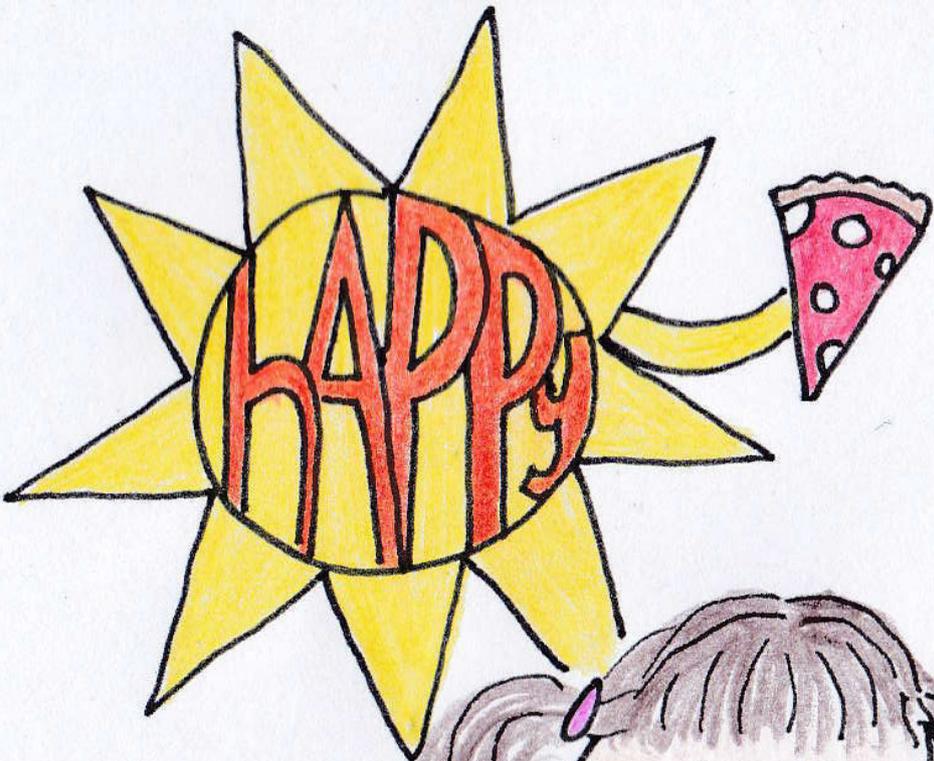


Sometimes the Feelings are friendly and warm.

Sometimes they bring lollies and huge pepperoni pizzas and garlic bread.

Sometimes they feel like watching movies or riding bikes.

Sometimes the Feelings are fun to have around.





Lonely

SAD

MAD

But sometimes they're not fun at all.

They yell and scream,  
Or they're really silent,  
Or they cry, louder and louder, and won't stop.

The thing is, no one knows what the Feelings are going to do until they arrive.

They are masters of surprise.

And they visit everyone.

Feelings



One day, Bella was out looking for meteors when a shadow fell across her planet.

It was the Feelings.

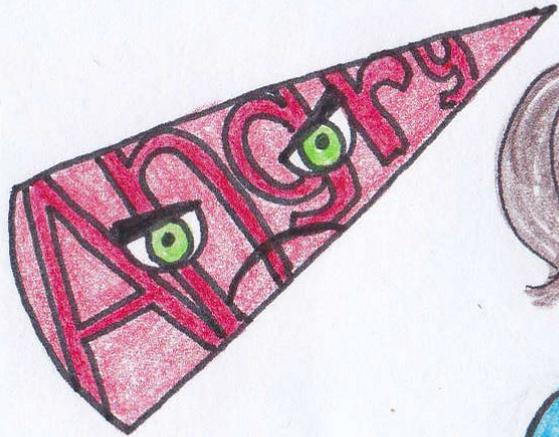
She went to open the door, but it smacked her right in her face.

“Where’s Bella?”, a Feeling growled.

They’d come for her.

And they didn’t seem like the pepperoni pizza Feelings.

They were furious Feelings.



Thinking fast, Bella sent a message to her mum's planet.

But the signal rang and rang and no one answered.

Meanwhile, the Feelings had found her and they were really, really mad.

Bella was mad too. Why hadn't her mum answered?

Feelings like to work fast.

Soon all Bella's clothes were shredded into ribbons.

A thick, fog was released, spreading all over her planet.

Bella couldn't move, couldn't see their faces, but she could hear the Feelings yelling at the moon.



Soon, Bella felt a storm inside her growing. She sent another message to her mum.

Again, no answer.

The fog was rising, and her mum  
was nowhere to be found.

On another planet, Bella's mum was dealing with a Feelings invasion of her own.

These were howling feelings too. They were shadowy, sad Feelings.

They'd created a black hole, and her planet was sinking fast into the abyss.

There was no way for Bella and her mum to communicate, unless they sent out Feelings.



Bella sent a Feeling out.

Then Bella's mum sent a Feeling, and the Feelings met.

They yelled and cried and screamed and were silent.

But they couldn't communicate, because Feelings only speak their own language.

It felt like Bella and her mum were completely alone in the universe with the Feelings.





Suddenly, Bella heard a dim beep beep beep. A beam of light cut through the fog.

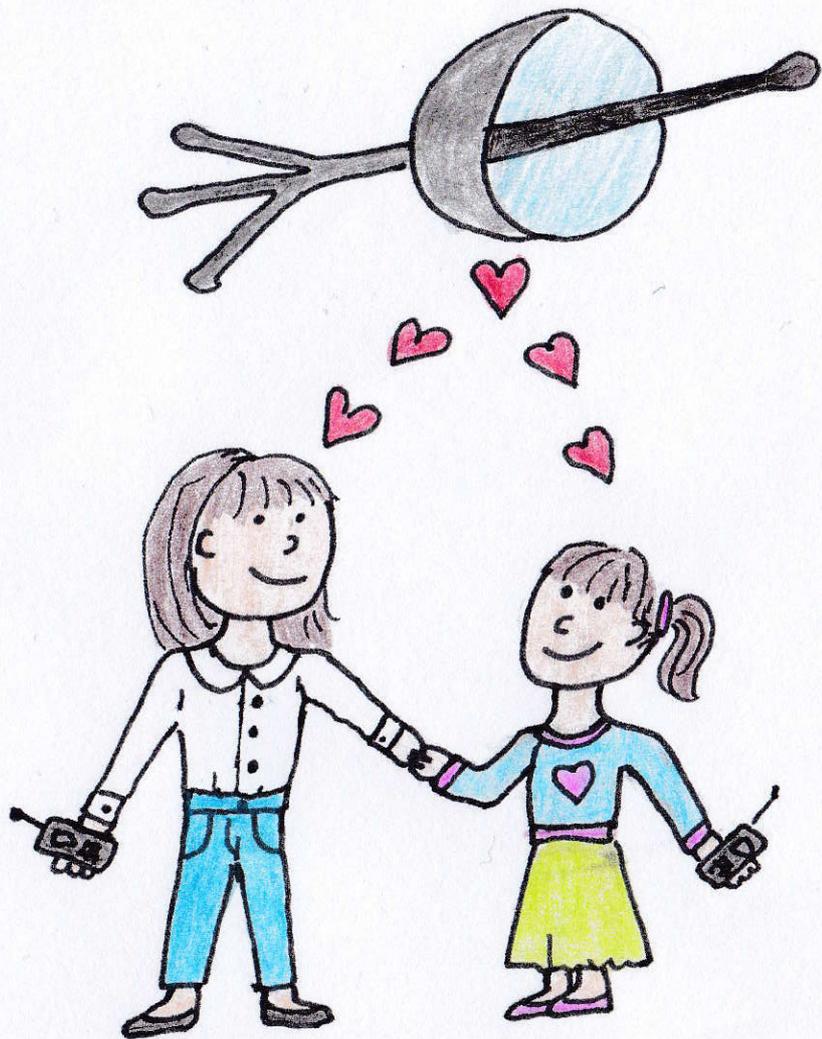
A satellite was circling overhead.

Bella knew that if she could send a message through the satellite, she might reach her mum, despite all the Feelings.

She fought through the fog to  
her satellite dish.

She sent up a message.

And just at that moment, her  
mum sent a message too.



They had finally made contact.

Note:

This story is one possible metaphor to describe what it's like to face mental health challenges.

It's often helpful to remember that feelings themselves are not bad, wrong or evil. They are so important in our lives. When we name our feelings and use them to connect with others we become stronger and more able to bounce back.

It's our hope that this story might help start a conversation between loved ones. This conversation might be about the feelings we find challenging, how we can connect with each other in the face of challenging feelings and/or what support we need during challenging times.

We know these can be challenging conversations to have. But we also know that they are the kind of conversations that help children and families make sense of tough times!

If you need extra support to have these conversations please don't hesitate to contact us at Satellite or your supporting clinician.





**satellite**  
FOUNDATION