

MentalHealthHumor.com
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Chato B. Stewart
Mental Health Humor



2010

By Chato B. Stewart

We Support The Mental Health Humor Project



www.BoulderTherapist.com

Barry Erdman

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Barry Erdman, LCSW, DCSW, licensed clinical social worker, provides assessment and practical therapeutic solutions for difficult life problems with adults, couples & families in Boulder Colorado since 1979. He specializes in using both conventional and alternative therapeutic modalities for resolving depression, anxiety, grief and loss, medical healing, communication, life transition, abuse, sexual issues, and addictive disorders.

"I subscribe to an humanistic/existential framework. What that means is that I like to treat people like human beings first and not categorize people into diagnostic stereotypes. I also seek to meet and understand each unique individual from their perception of their own life experience as they know it."

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Intro:

Welcome to the first Mental Health Humor Cartoon book featuring cartoons drawn by Chato B. Stewart. <http://mentalhealthcartoons.com>

Who is Chato? (Chă- toe)

Chato Stewart



"I am not Bipolar Disorder, I am not Depression, I am not a mental illness, that is NOT who I am! I am a husband, father and a person in recovery and a mental health advocate."

Chato has been drawing positive, provoking, and yes 'some times even funny' cartoons about living with mental disorders since 2008. His blogs have had more the 400,000 viewers since he began drawing and posting his cartoons for free online.

How did you start drawing the Mental Health Cartoons?

"It was my during my last hospital stay that gave me the idea for the cartoon series. I started a journal about my stay in the Psych Ward but instead of writing about my stay, I ended up drawing cartoons about it... I've always recognized the power of something as simple as a cartoon. I started thinking about all the cartoons I've seen about mental health issues and I did not like the stereotypical approach many of them took. You could tell they don't truly understand the subject and most likely never walked in our footsteps. I truly hate the cartoons that take the cheap shots at us or take place in a doctor's office on a couch. I live with mental disorders, so I wanted to take a different approach with my cartoons. I wanted to draw them from my vantage point. As a person living with a "psychological disorder" gives you a very unique point of view. The point of view that I think should be shared in cartoon form."



There is no question of the power behind Chato's humor. In less than 3 years, his cartoons have found their way onto hundreds of websites and blogs. Many mental health organizations use his cartoons in their newsletters and some have been published in a few magazines.

Chato's cartoons are distributed online for free use for mental health nonprofit organizations.

While he doesn't charge for his cartoons, he is quick to tell you, they are not free and that there are terms that he requires in order to use them. The terms are simple:

"You can use my cartoons on any nonprofit blog or website Facebook or social media as long as a cartoons are not edited or modified in any way. I also asked that you link back to my website mentalhealthhumor.com.

You cannot make a profit with anything that has my cartoons on it without first making some arrangement with me. I mean, come on. If you make a few bucks from my stuff, I need to make something off of that."

1st Cartoon drawn for Psych Central



Chato was the Depression Bipolar Support Alliance 1st place winner of the Facing Us Video Contest last year. His blog has received many awards from other bloggers.

Mental Health Humor blog is Published at <http://blogs.psychcentral.com/humor>

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"Mental Health Humor cartoons are from the creative and always-interesting mind of Chato B. Stewart. We're pleased to have Chato blogging here at Psych Central, sharing his unique and funny perspective on all things mental health and human behavior."

John M. Grohol, Psy.D.

CEO/Publisher psychcentral.com

Dr. Grohol pioneer in online mental health, publishing the first commercial mental health portal in 1995.



"Chato is not only an immensely talented and creative artist, but he is also an inspiration to so many suffering from mental illness. His work brings welcomed humor and hope to so many who need it!"

Jodi Riley

www.jodiriley.com

Jodi is a professional life and business coach with a degree in Clinical Psychology.



"I appreciate Chato B. Stewart for his creative artwork; a unique contribution advocating for the best mental health care with a smile. Thanks Chato!"

Barry Erdman, LCSW, DCSW

bouldertherapist.com

Boulder Colorado



"We Survivors are funny people. We have to be. Without laughter, we'd be... ill! Laughter, after all, is not just good medicine, but an important survival tactic. Chato Stewart makes us all laugh, Survivors and non-Survivors alike, with cartoons that poke the funny bone and pierce our pretensions. Whether challenging society to recognize Survivor rights, or simply commiserating on a bad day,

Chato finds a way to sum up situations or emotional states and get right to the heart of the matter. Ironic but never mean, self-deprecating in a way that is actually validating (and fellow Survivors understand exactly what I mean!), his cartoons featuring envious Unipolar Bears, confuzzled Mr Potato Heads and dejected rolls of TP all have something to tell us about our shared experiences and diverse attitudes. Laugh with Chato, and your assumptions may never be the same!"

Richard-Yves Sitoski (WunderNutbar)

wundernutbar.wordpress.com

Richard lives in Canada. Blogs and advocates for Mental Health and Social Justice issues.



"If humor is a path for getting out of a mental health funk, Chato's mental health cartoons will put you on the fast track. His Mental Health Humor cartoons and wit will crack you up. His irreverent style very powerfully helps to de-stigmatize mental illness."

Lori Olson

eesquare.com

Lori is doing her internship at the Salvation Army while working on her Masters in Mental Health Counseling.

She is interested helping Veteran Families coping with PTSD.

Did you Reach your 2010 Goals?

Wellness Plan 2008 2009 2010 2011

- [] Take my meds every day
- [] Lose 20lbs again
- [] Get a Job
- [] Get to bed before 3 A.M.
- [] Go back to my support group
- [] Tell one friend about my illness
- [] Do not yell and scream!
- [] Say Thank you More
- [] ALWAYS FINISH WHAT I.....

Title: Long-term Goals



Cartoonist Explanation:

If you did not make any goals for 2011 feel free to print and use mine.

Chato Cartoons

Cartoonist Explanation:

These cartoons are generally about me, my life with my family. Here is how I see myself. They're spinoff of a cartoon series I did called The Family-Stew. You'll be seeing a lot more of them in 2011.



Chato's Wife: All right already! It's been a month, so do you think you can come away from your shrine to do a few dishes???

Title: Chato Stewart 2010 Stand up for Mental Health Comic

Cartoonist Explanation:

I was not supposed to be part of the 2010 stand up for mental health comedy night at the DBSA (Depression, Bipolar Support Alliance). I snuck into the rehearsal the night before and asked the coordinator if I could just sit and watch. The whole time I was sitting there, I was writing jokes. Once they were done, I asked if it was okay if I just tried a few jokes out since I've never done stand-up! He must of liked what I was saying because he gave me 2 min. on stage during the comedy night. I actually took 3 1/2 min.

Recognizing If You're STRESSED OUT!!

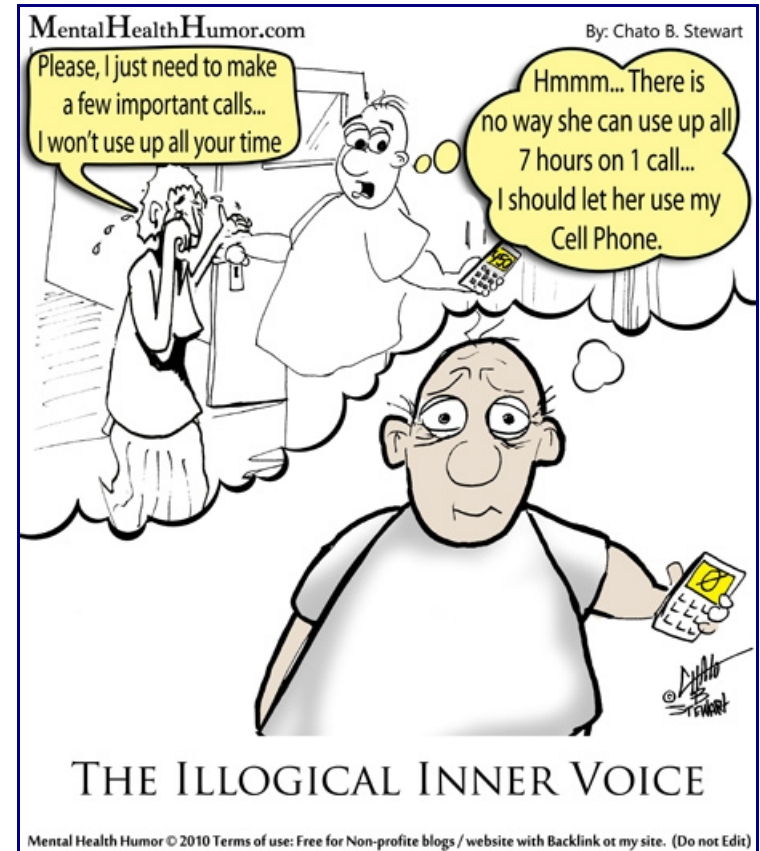


Title: Recognizing Stress

Cartoonist Explanation:

Sometimes stress is hard to recognize! In this cartoon, featuring my wife, you can recognize stress pretty easily. In her defense, she was having a really bad week dealing with me and my symptoms! Sometimes, we put our loving caregivers through a lot!

The Illogical Inner Voice



Woman: Please, I just need to make a few important calls... I won't use up all your time.

Chato: Hmmm... There is no way she can use up all 7 hours on 1 call...I should let her use my Cell Phone.

Title: The Illogical Inner Voice

No Baggage Claim For Sanity



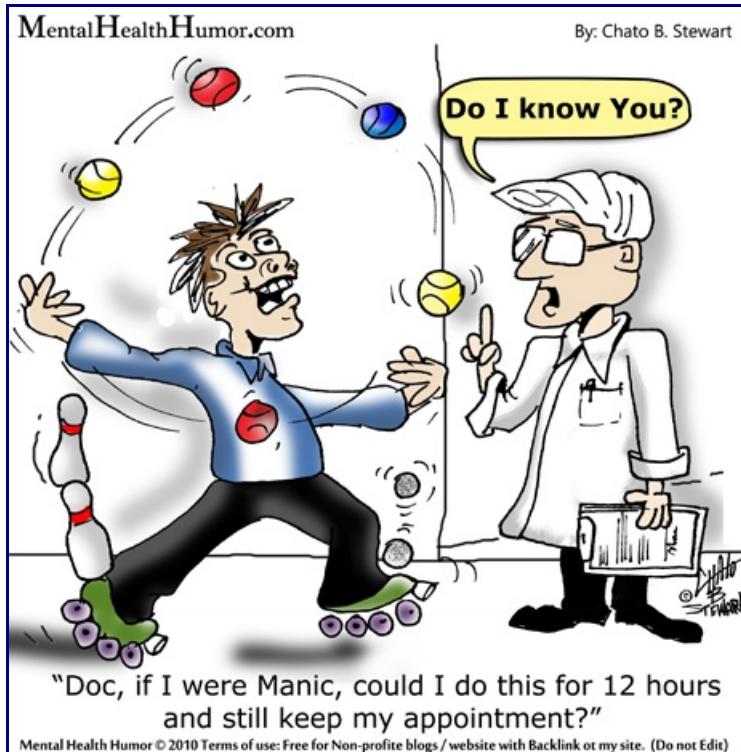
Some Baggage You Just Can't Lose At The Airport!

Cartoonist Explanation:

This really doesn't need any explanation. It's just the very last cartoon, I published in 2010. I drew it because I was thinking about my recovery. You know, thinking about where I have come from with my mental health. Where I am today, where I'm going... got me thinking about all the baggage we really carry when we have a mental illness.

Bipolar Cartoons

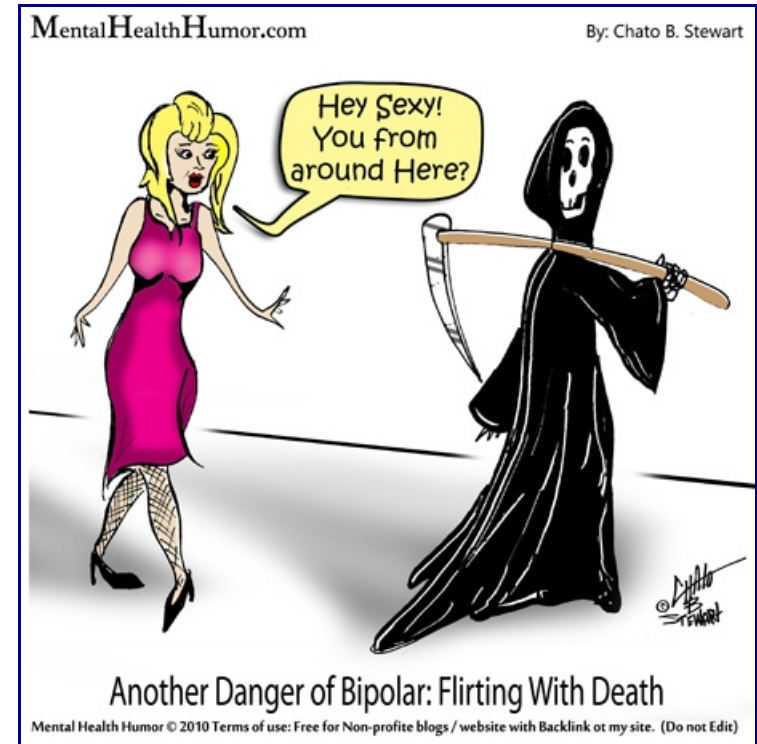
Bipolar Disorder Mania Tricks



Doctor: Do I know You?

Manic: Doc, if I were manic, could I do this for 12 hours and still keep my appointment?

Danger of Bipolar: Flirting With Death



Woman: Hey Sexy, You From Around Here?

Title: Another Danger of Bipolar: Flirting With Death.

5 Labor Day Weekend Tips To Avoid the Psychiatric Ward



Caption: Summer + Mania + Alcohol = A Dangerous Mix

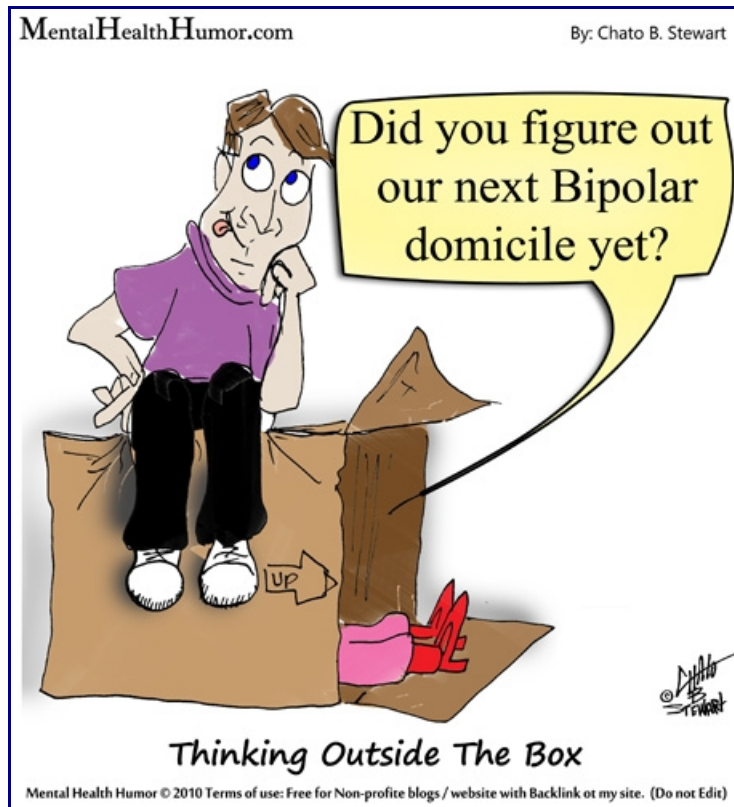
Sunday Psychology Cartoons: Uni-Polar Depressed Bear



Sunday Psychology Cartoons: Uni Polar Bear

Caption: *I'm Always Depressed, I wish I could be more like my brother, he's a Bi-polar bear.*

Thinking Outside The Box



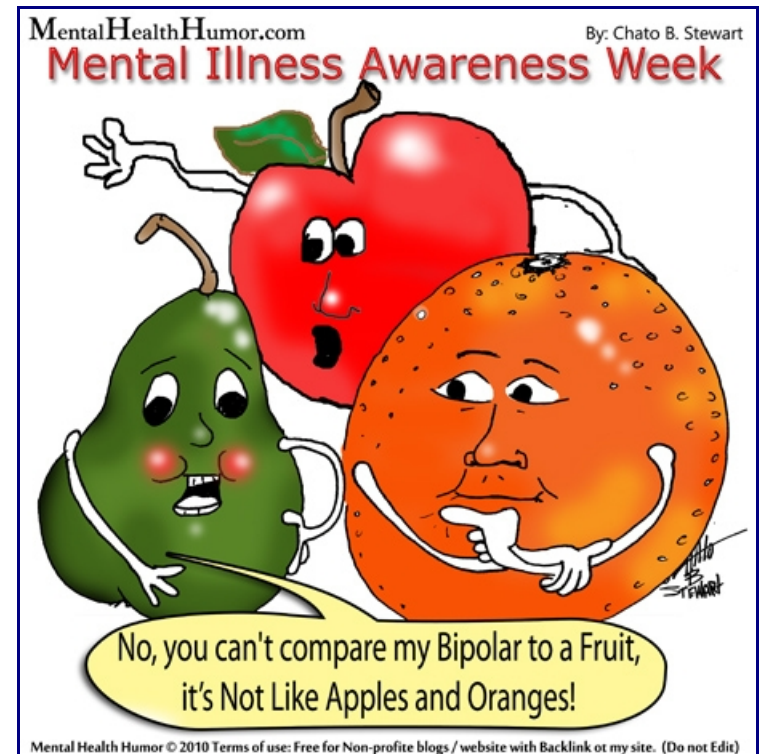
Wife: Did you figure out our next Bipolar domicile yet?

Title: Thinking Outside The Box

Cartoonist Explanation:

Homelessness is a real problem when you're dealing with a mental disorder. I have been evicted more than a few times because of having a bad episode. This cartoon with the obviously distraught wife's semi-manic guy on top of the box, subtly focuses a little attention on the homeless issue.

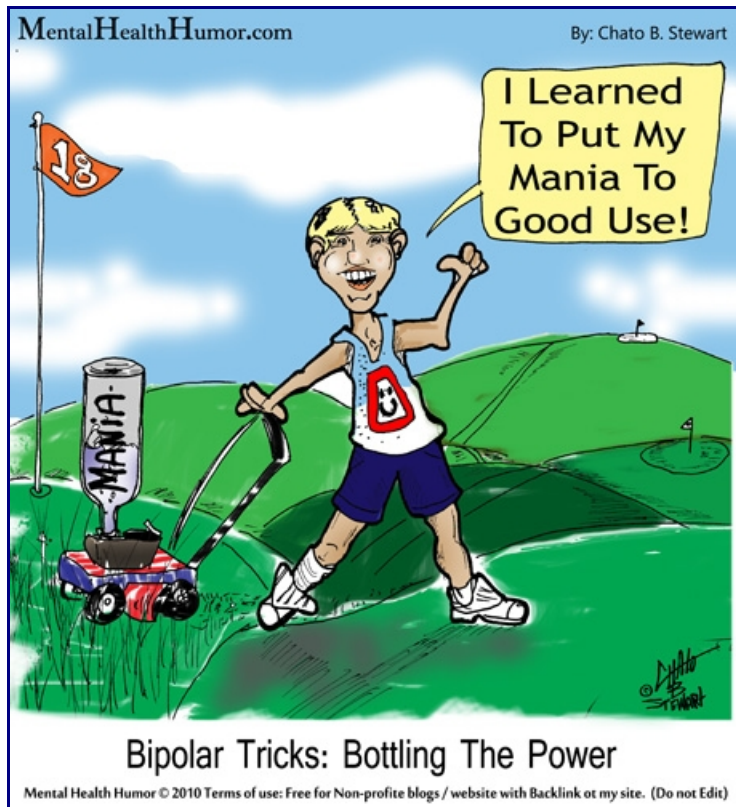
Week: Are YOU Fruity?



Mental illness awareness week.

Pear: No, You Can't Compare My Bipolar to a Fruit. It's Not like Apples and Oranges!

Bipolar Tricks: Bottling The Power

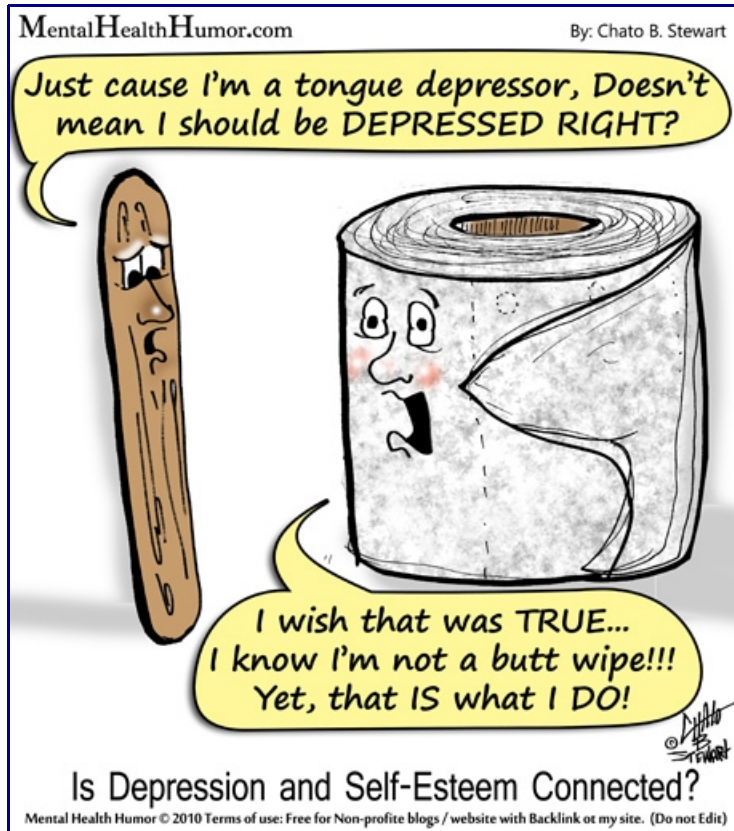


Joe: I learned to put my mania to good use!

Title: Bipolar Tricks: Bottling The Power.

Depression Cartoons

Are Depression and Self-Esteem Connected?



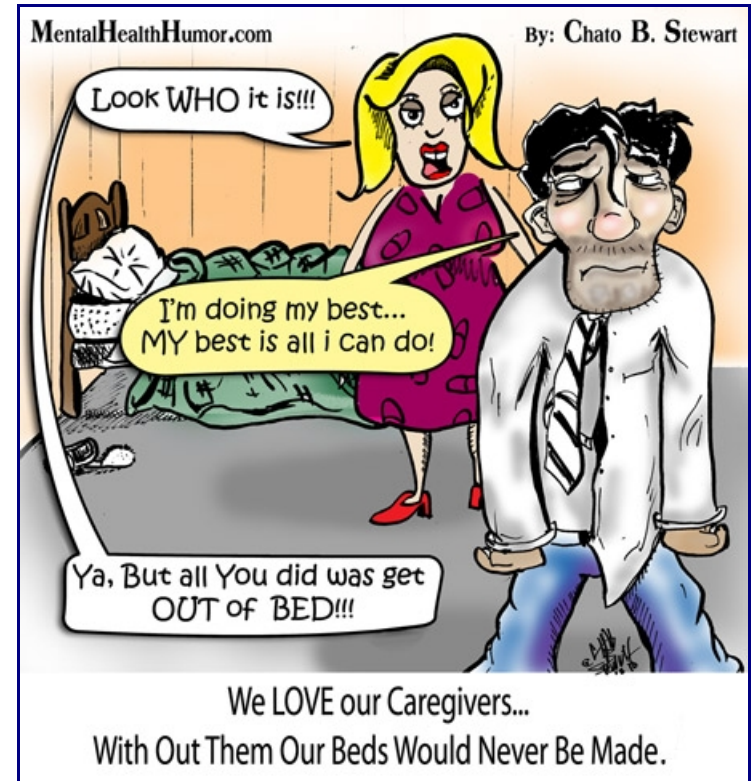
Tongue Depressor: Just cause I'm a tongue depressor, Doesn't mean I should be DEPRESSED RIGHT?

Toilet Paper:
I wish that was TRUE... I know I'm not a butt wipe!!! But, that IS what I DO!

Cartoonist Explanation:

Once again, we have an opportunity to see a little bit of my sick humor. My kids love this cartoon.

Ode To The Caregiver [NEW Cartoon]



Woman: Look who it is!!!

Man: I'm doing my best... My best is all i can do!

Woman: Ya, but all you did was get out of BED!

Caption: We LOVE our Caregivers... With out them our beds would never be made.

[Which Came First — Obesity or Depression?? \[Part 2\]](#)



Which came first -- obesity or depression??
It's hard to say, but thinking about it... Is depressing!

Continued from [Which Came First — Obesity or Depression?? \[Part 1\]](#)

[Psychotherapist: Cranky Old Fart](#)

Dear Dr. Bob Bob,
How do I know if I am Depressed or just an old, cranky fart that will not ever be happy. Every day I wake up, I don't even want to get out of bed. I hate life, I hate people and the friends I do have hate me. Do I need meds?
Signed: Old Goat

Dear Old Goat,
Depression is only one of your problems. You sound like you might be suffering from "IDC disorder". Also know as "I Don't Care Disorder". Sadly, the plan of treatment does NOT have a high success rate. Why such a high failure rate? Sufferers just don't do the work. I mean, come on, do the work and you'll be cured! But, it's like THEY DON'T CARE. To answer if you need medications or not, I would have to say YES! If you have insurance, come see me, If not call 911.

Ask Dr. Bob Bob The Unqualified Psychotherapist

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Ask Dr Bob Bob The Unqualified Psychotherapist

[Hey! Are You Over Medicated? \(NEW Cartoon\)](#)

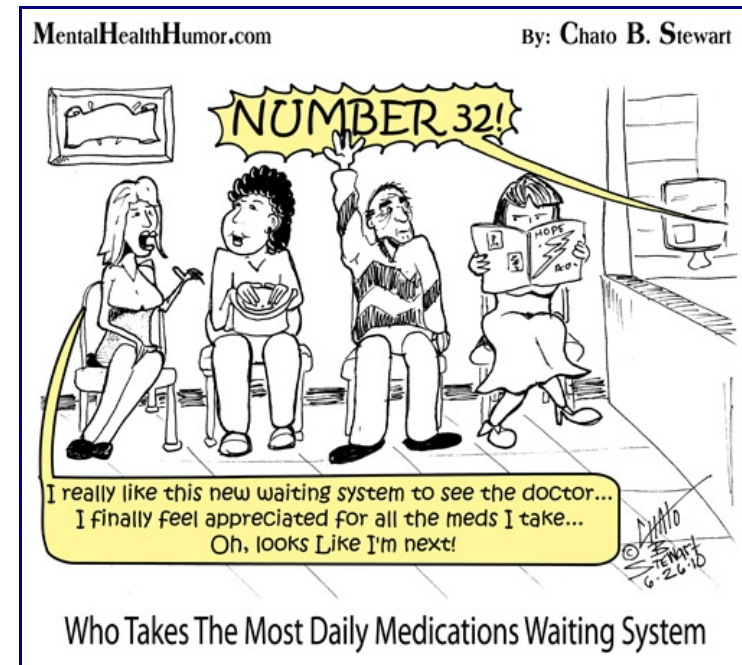
Medications Cartoons



Medication bottle: Dude, You're Over Medicated...

Chato's Homage to Gary Larson (The Far Side) and Bill Watterson (Calvin and Hobbs)

How Many Pills Do You Take Daily? [New Cartoon]



“After Calvin’s meds Kicked in, Things just didn’t seem the same...”

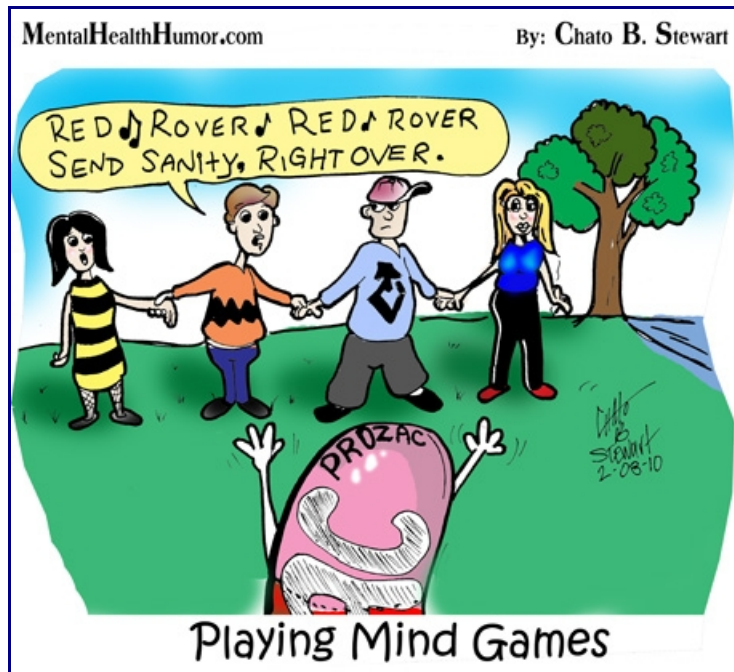
Nurse: Number 32

Consumer: I really like this new waiting system to see the doctor...

I finally feel appreciated for all the meds I take... Oh, looks like I'm next!

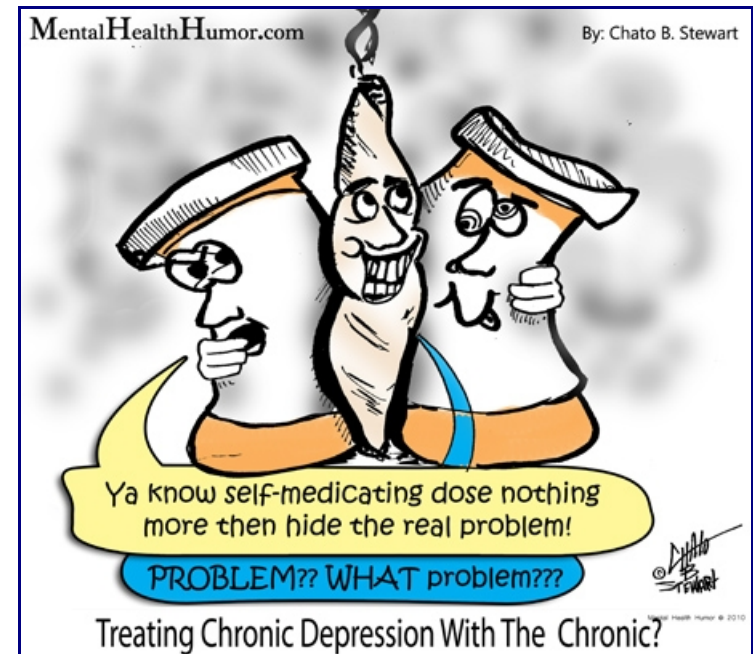
Title: The who takes the most daily medications waiting system

Medication Mind Games: Red ROVER, Red Rover [New Cartoon]



“Red Rover, Red Rover, send sanity right over..”
Playing Mind Games

Treating Chronic Depression With The Chronic? What’s Wrong with that?



Medication bottle: Ya know self-medicating does nothing more than hide the real problem!
Marijuana joint: Problem?? WHAT problem???
Treating Chronic Depression With The Chronic

For TEMPORARY USE ONLY–Fix-A-Mood



Can One: Fix a Flat.

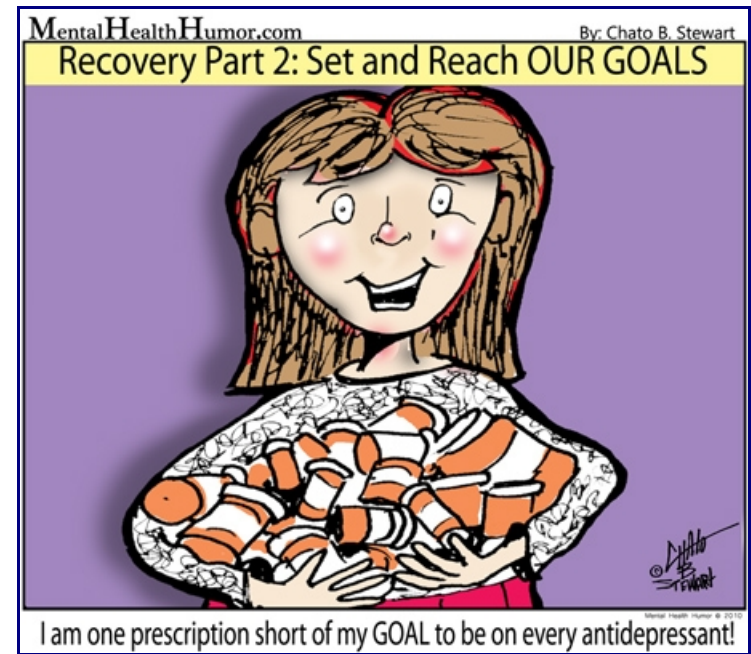
Can Two: Fix a Mood (Beer)

Title: For Temporary Use Only

Cartoonist Explanation:

During a therapy session with my new therapist, he told me I needed to get something to help my negative mood. Which got me thinking about fix a flat and fix a mood.

“Life After You” by Daughtry & Recovery Goals

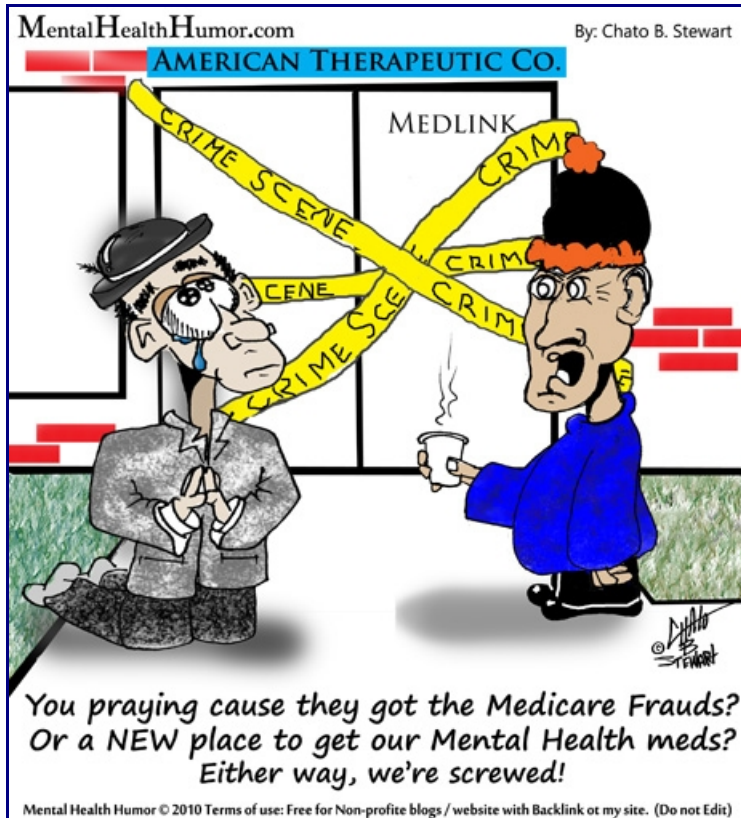


Recovery part two: set and reach our goals

Woman: I am one prescription short of my goal to be on every antidepressant!

Exposed Massive Medicare Fraud Operation In Miami

Male Sexual Dysfunction, Is It Just in My Head?



American Therapeutic Company

Man with Coffee: You praying cause they got the Medicare frauds? Or a new place to get your mental health meds? Either way, we're screwed!



How do you know if a male sexual dysfunction problem is a psychological or a physical sexual side effect? Dr. Oz is recommending that gentleman "wrap a strip of lick-and-stick stamps around your penis."

Cartoonist Explanation:

I read this Dr. Oz article. I just couldn't stop cracking up... I had to sit down and draw a cartoon about it. Although being a guy it does make sense, it still cracks me up.

Hallucinations and Bad Digestion Issues?

Mental Health Cartoons



Man: Since when do hallucinations come with bad digestion issues?

Cartoonist Explanation:

This was just adorable... in the eyes of my 5 year old! I was drawing with my kids. We were joking around about being happy that elephants don't fly.

Your Hedonistic Treadmill IS BROKE!



Mr. fix-it: You say the cat broke the treadmill? Strange all that damage being done by a cat! Normally, cats only destroy the scale.

Woman: Is Your Hedonistic Treadmill Broke?

Cartoonist Explanation:

This is what happens when you read up on psychological disorders and then build a cartoon about it.

Help Child & Adolescent Bipolar Foundation (CABF) Win \$250,000 From Pepsi!



CABF is competing for a \$250,000 grant from The Pepsi Refresh Project during the month of November. The winners will be decided by popular vote. CABF needs *your* votes every day this month!

Cartoonist Explanation:

During the Months of November and December, I made it my "personal" goal to try to help the child and adolescent bipolar foundation win this grant.

[BringChange2Mind with Glenn Too Close](#)



Title: Glenn Too Close

Cartoonist Explanation:

Do I Really Need to Explain This Play on Words?

[Mental Health Service Dogs](#)



Dog Owner: Yah... My old lady got me this service dog. SHE said he'll FIT right into our Family!

Dog: Rowr Snarl

Title: Mental Health Service Dogs

Cartoonist Explanation:

My Personal Favorite Cartoon. It's kind of a family joke, but if you knew Sammy, our dog, you would understand!

2 Out of 8 Men Have Uncontrolled Anger Issues... Can You Pick Them Out?

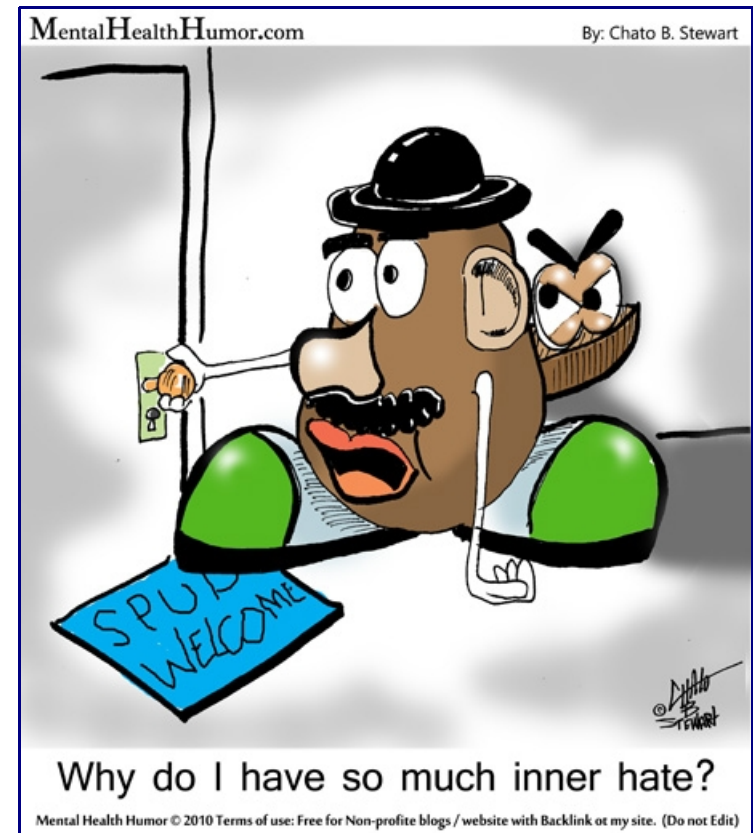


Title: 2 out of 8 Men Have Uncontrolled Anger Issues... Can You Pick Them out?

Cartoonist Explanation:

Another One of My Personal Favorites. If you have a hard time picking up the two angry men, I'll give you a hint...One of them is in the top right corner.

Why Do I Have So Much Inner Hate, Self-Loathing and Low Self-Esteem?

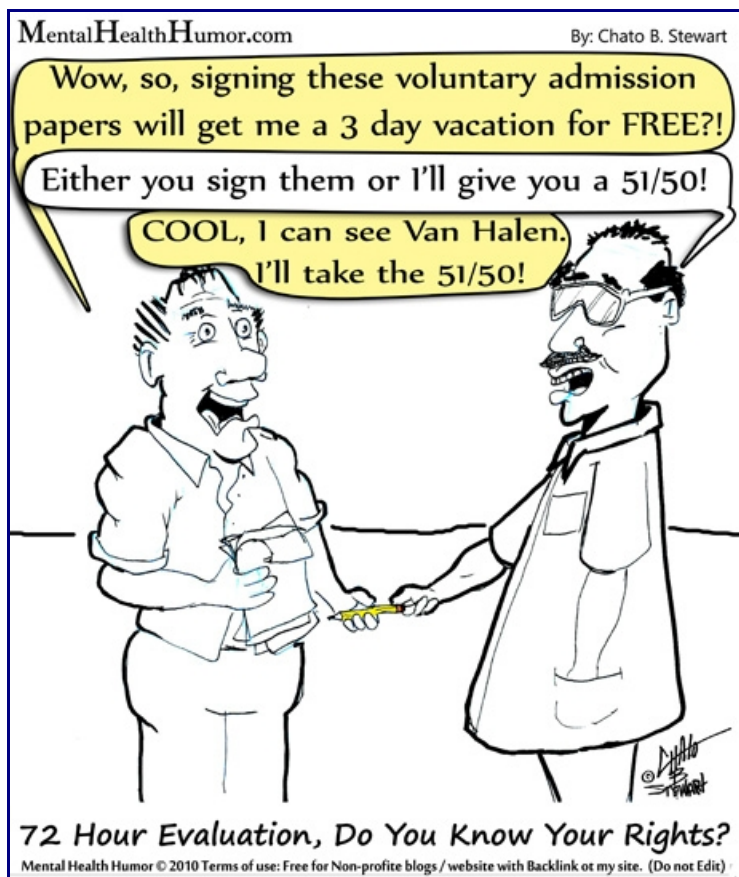


Mr. Potato Head: Why Do I Have So Much Inner Hate?

Cartoonist Explanation:

I love Mr. Potato Head! When my son was just two, it was his favorite toy and he didn't give up Mr. Potato Head until he learned about Legos.

72 Hour Evaluation, Do You Know Your Rights



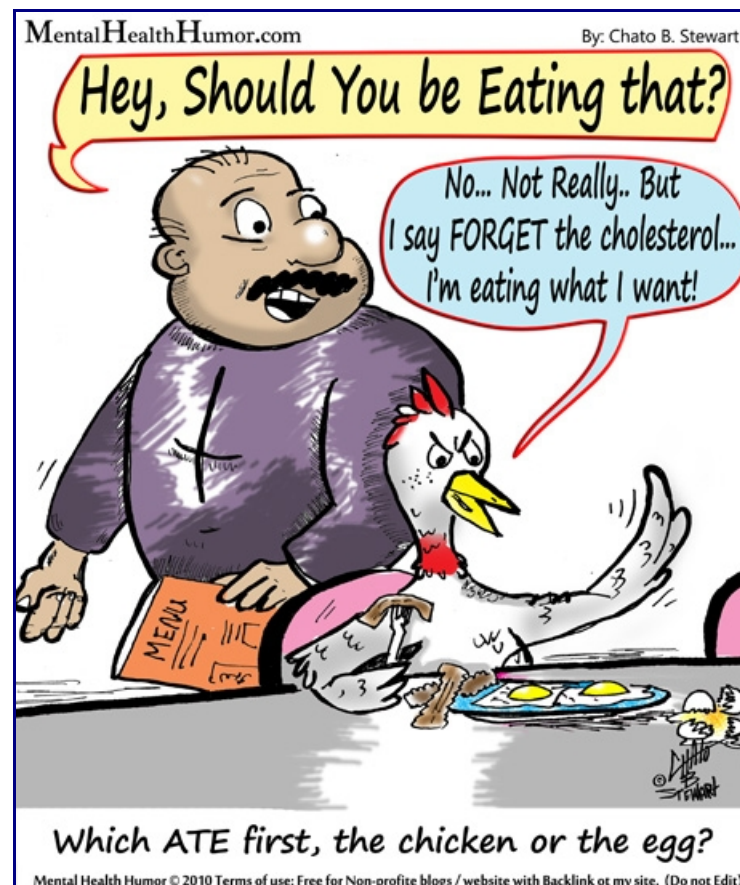
Consumer: Wow, So, signing these voluntary admission papers will get me a 3 day vacation for FREE?!

Psychiatrist: Either you sign them or I'll give you a 51/50

Consumer: COOL I can see Van Halen... I'll take the 51/50!

Title: 72 Hour Evaluation, Do You Know Your Rights?

Which ATE First, The Chicken or the Egg?



Man: Hey, Should You be Eating that?

Chicken: No... Not Really.. But I say FORGET the cholesterol... I'm eating what I want!

Title: Which ATE first, the chicken or the egg?

Universal Truth: Don't Run With Humans



Mother hedge clippers: What have I told you! Do you want to poke your eye out?

Scissors: A Universal Truth: Don't Run With Humans

Bad Ideas for Mental Illness Awareness Week



Bad Ideas for Mental Illness Awareness Week... Start a protest group to scare people that mentally ill people are coming to get you.

Sign One: They Are among Us

Sign Two: Mr. Peanut with a Line from

Sign Three: Beware of the Mentally Ill

Title: "Com'on Guys Let's Go, Soon Everyone Will Be Aware!"

Attention Deficit Hyperactivity Disorder Home Test



Attention Deficit Hyperactivity Disorder Home Test

Rob: You've Played 6 hours straight!
I think we've found a cure for ADHD.
What level you on now?

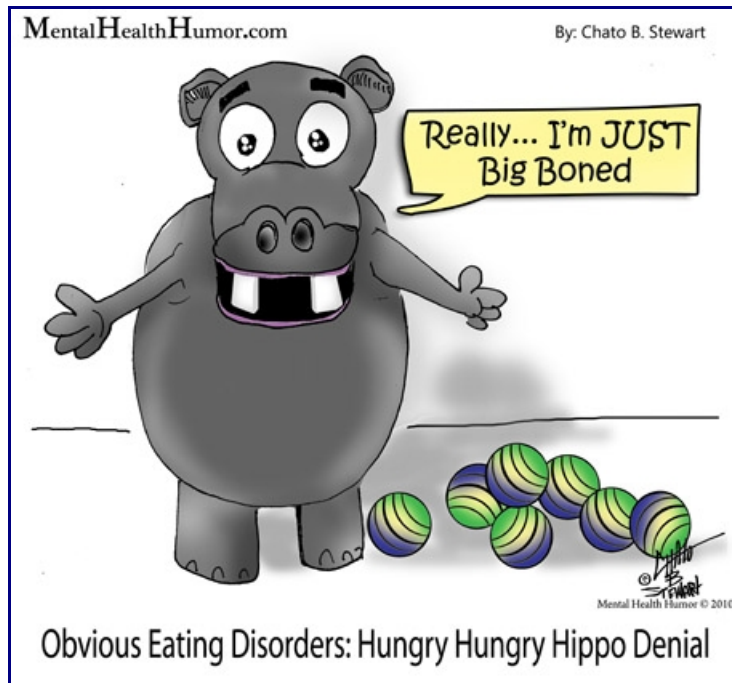
Stew: ONE

The Cartoonist Frame of Mind



"Moods Are Just a Frame and Mind. So I Collect Them All."

Eating Disorders of the Hungry Hungry Hippo



Hippo: Really... I'm Just Big Boned

Title: Obvious Eating Disorders: Hungry Hungry Denial

Social-Networking Can be a Relationship Ender



Dear Facebook. I feel we have grown apart over the last few months. You're too clingy! Posting on my wall, forcing me to comment so you know where I am at every second is just too much. Always wanting me to be friends with everyone, even people I want to avoid and don't even like! The constant demand of my time and care has sucked the life out of me. I can't take it!!! I think we should start seeing other networks. I'm going to friend finder where they love me for being me. Sincerely, Bill

Title: Social-Networking Can be a Relationship Ender

FEAR of Heights and Arachnophobia [NEW Cartoon]



South of the Borderline Personality Disorder [new cartoon]



Caption:

Dealing with Spidey's FEAR of Heights Took a Wrong Turn when his arachnophobia kicked in!

Sign: South of the Borderline

Title: Borderline Personality Disorder Has No Borders

[BP Gulf's Oil Spill puts Mental Health At Risk!](#)

Off Topic Cartoons



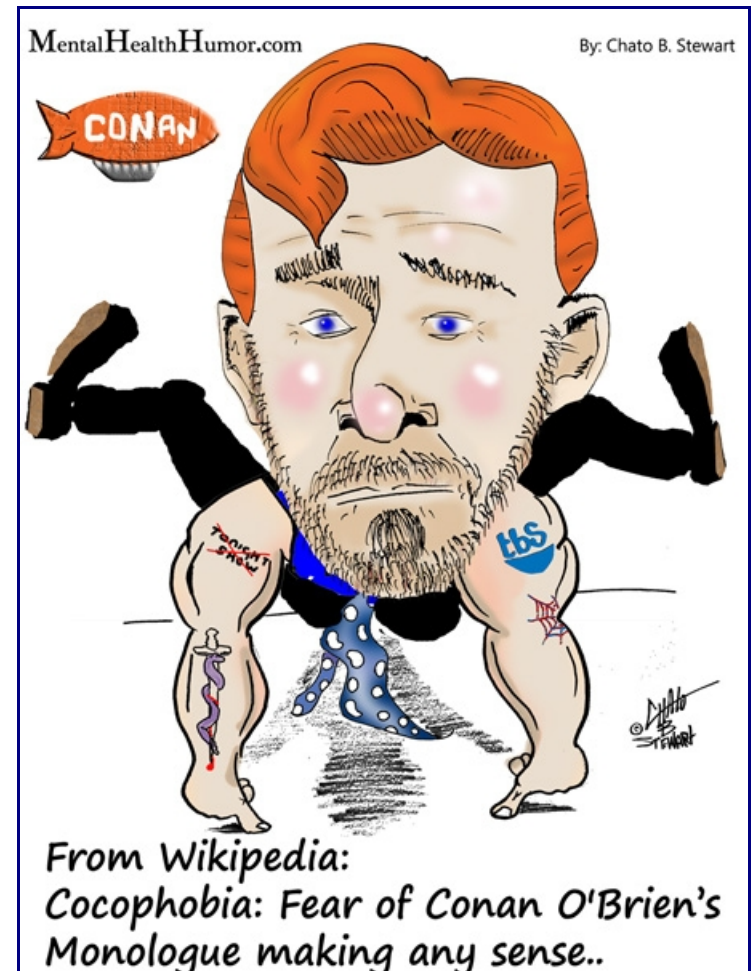
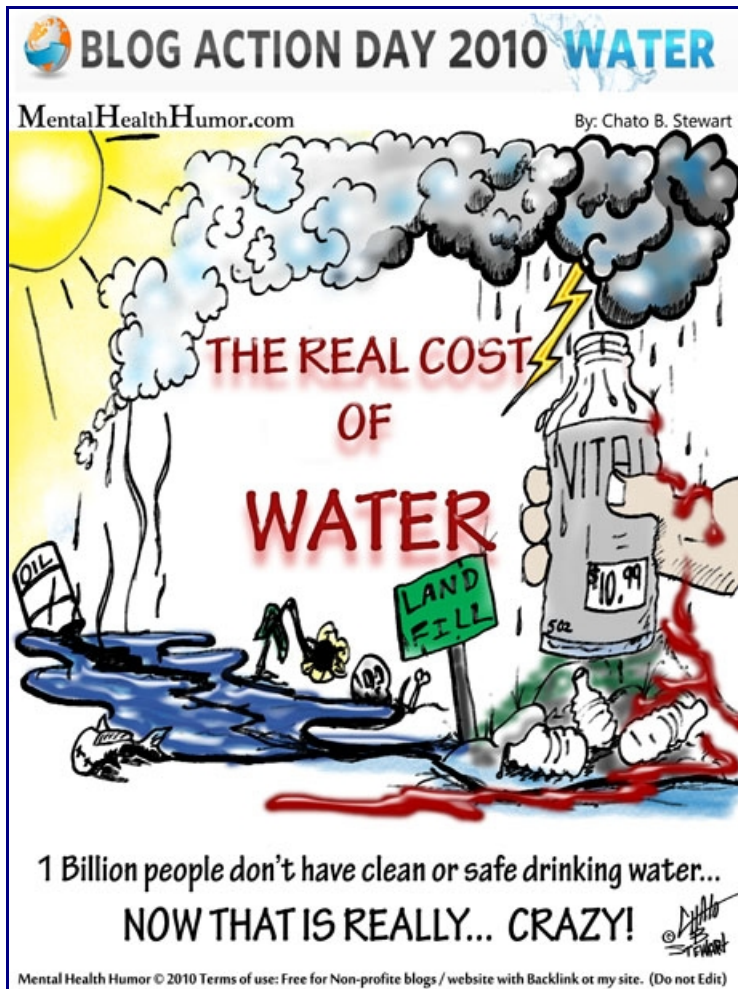
Title: DEATH ON THE BEACH.

Cartoonist Explanation:

This cartoon was my homage to the oil spill in the gulf of Mexico.

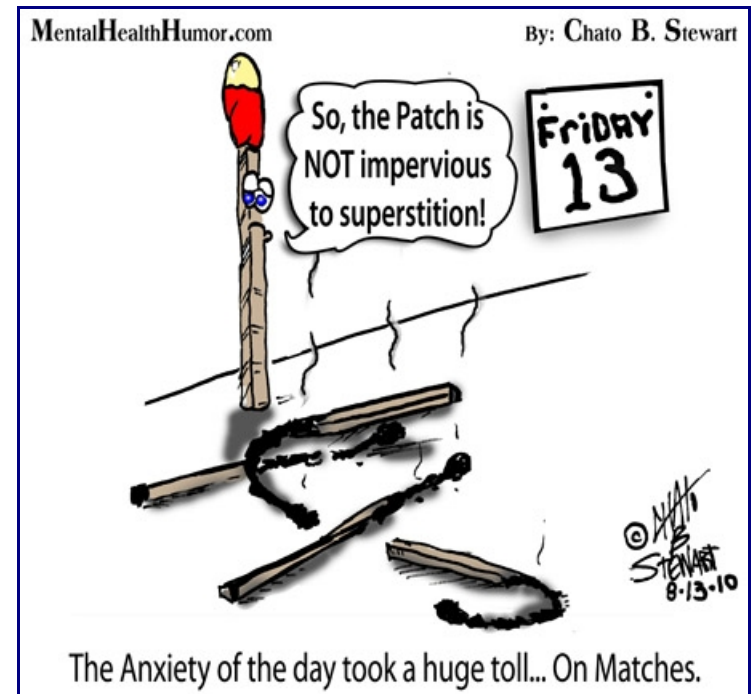
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From Wikipedia: Cocophobia: Fear of Conan O'Brien's Monologue making any sense..

Holiday Cartoons



Calendar: Friday the 13th.

Match: So the Patch Is Not Impervious to Superstition!

Title: the Anxiety of the Day Took a Huge Toll... On Matches

Pumpkin Paranoia or Pumpkin Intuition?



Sign: John's Pumpkin Patch.

Happy Pumpkin: Don't be so paranoid... WE have it GREAT here. The soil is rich, People love us, the farmer feeds us what MORE do you want!!!

Paranoid Pumpkin: Yes, yes, I know but there is something strange going on here... I think it has something to do with what the humans call "hall" and "Ween"... I just can't put my finger on it!!!

Title: Paranoia or Intuition

Pumpkin Paranoia or Pumpkin Intuition?



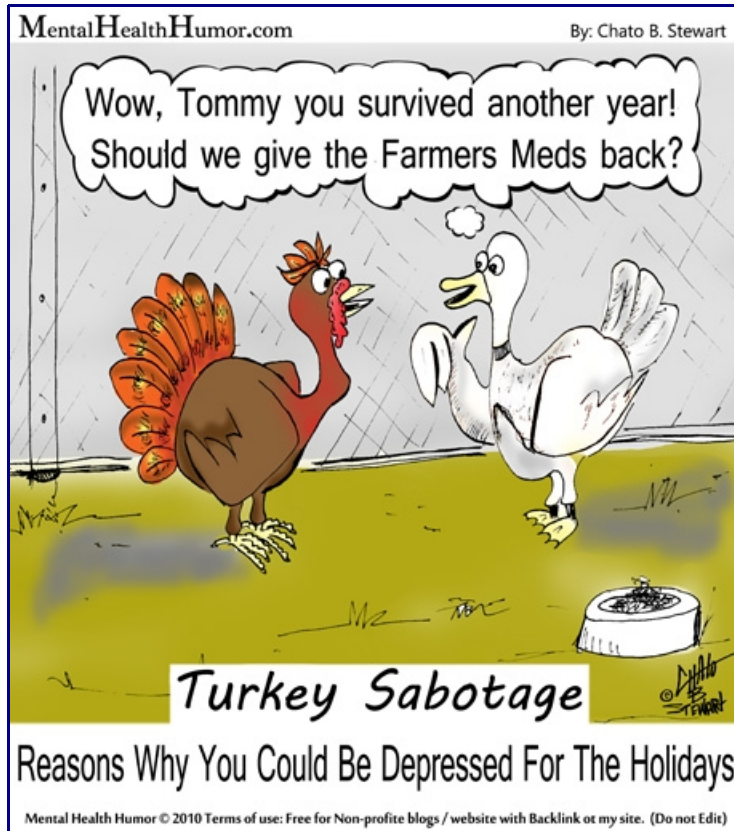
Sign: Pumpkin Paranoia Part Two

Pumpkin: Run Kid! Run! Save YOUR SELF!

Title: Pumpkin Paranoia PART 2

Were You Depressed This Thanksgiving Weekend? Well, I Think I Know Why!

{Warning Dark Humor} Rudolph The Red-Nosed Reindeer



Duck: Wow, Tommy you survived another year! Do you want me to get the Farmers Meds?

Elf: See, I told YOU, the red nose meant his battery needed to be Replaced!

Title: Turkey Sabotage “Reasons Why You Could Be Depressed For The Holidays.”

Cartoonist Explanation:

Okay, this is just inkling of my dark and twisted humor. Really come on, everyone knows when you see a blinking red light...It means you have to change the batteries anyway, right?

PsychHo-Ho-Ho



Title: PsychHo-Ho-Ho

Sign: Danger Thin Ice No Sledding

Cartoonist Explanation:

I'm sorry, but any other time during the year if a man broke into your house with a large bag, looking for your children and eating all your cookies and milk...He would not be welcomed! You too would think he was psycho-ho-ho.

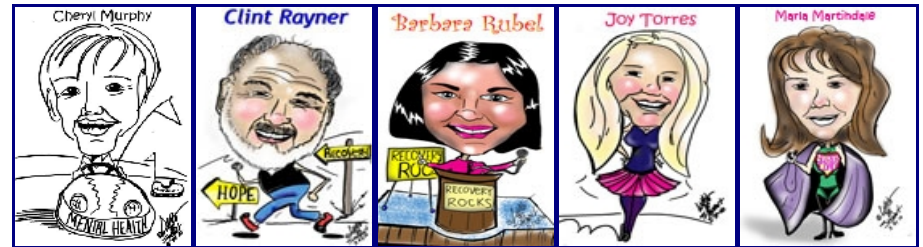
2010 Cartoon-A-Thon

Become A Cartoon-a-thon Sponsors

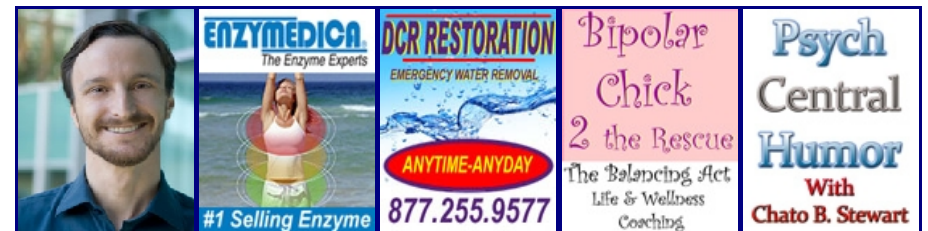
Cartoon-A-Thon Mental Health Heroes

In 2008 when I started blogging about mental health humor, I decided to volunteer my time and limited talent to draw 31 cartoons about mental health...for each day of May's mental health month. My latest 2010 cartoon-a-thon focused on mental health heroes. These are people living with mental health disorders or in the mental health community, caregivers or loved ones. Those that make a difference and focus on recovery of mental disorders.

During all of 2009, I started to teach myself to draw caricatures so that in 2010, I could draw very special cartoon-a-thon. Below are the 31 mental health heroes!



I want to thank my 2010 Cartoon-a-thon Sponsors:



Would you like to become a 2011 sponsor?

<http://mentalhealthcartoons.com/bio/sponsor.html>