

**when the black comes**

**Flare was working on her study.**

**Although she was tired from the pressure of school, she was trying hard to concentrate.**



**Suddenly, a black cat appeared from nowhere.**

**The appearance of the cat interrupted the Flare's thinking.**



**Flare wanted to continue studying but had to stop because the cat was too distracting.**



**Over the next few days, the mysterious black cat kept showing up.**

**One day, Flare was reading a book when the cat appeared again.**



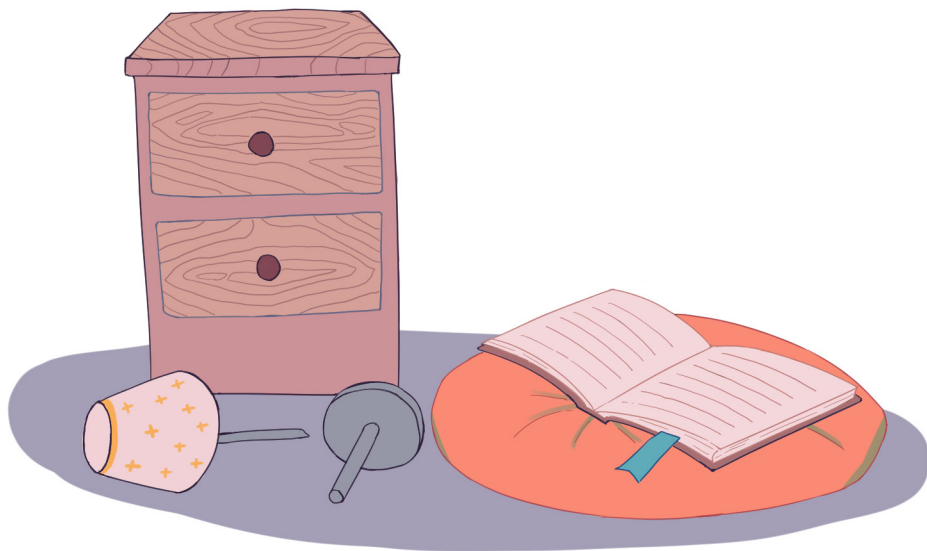
**The cat kept miaowing, even Claw at her book.**

**Miaowing and pawing at her books.**



**Flare got angry and shoved the cat away, but accidentally broke the lamp behind her.**

**This upset her and this made it too dark for her to continue reading.**



**Flare kept wondering why the black cat was there.**

**She wanted to get rid of it for good.**





**While she was thinking what to do, the black cat appeared again.**

**This was the last straw.**



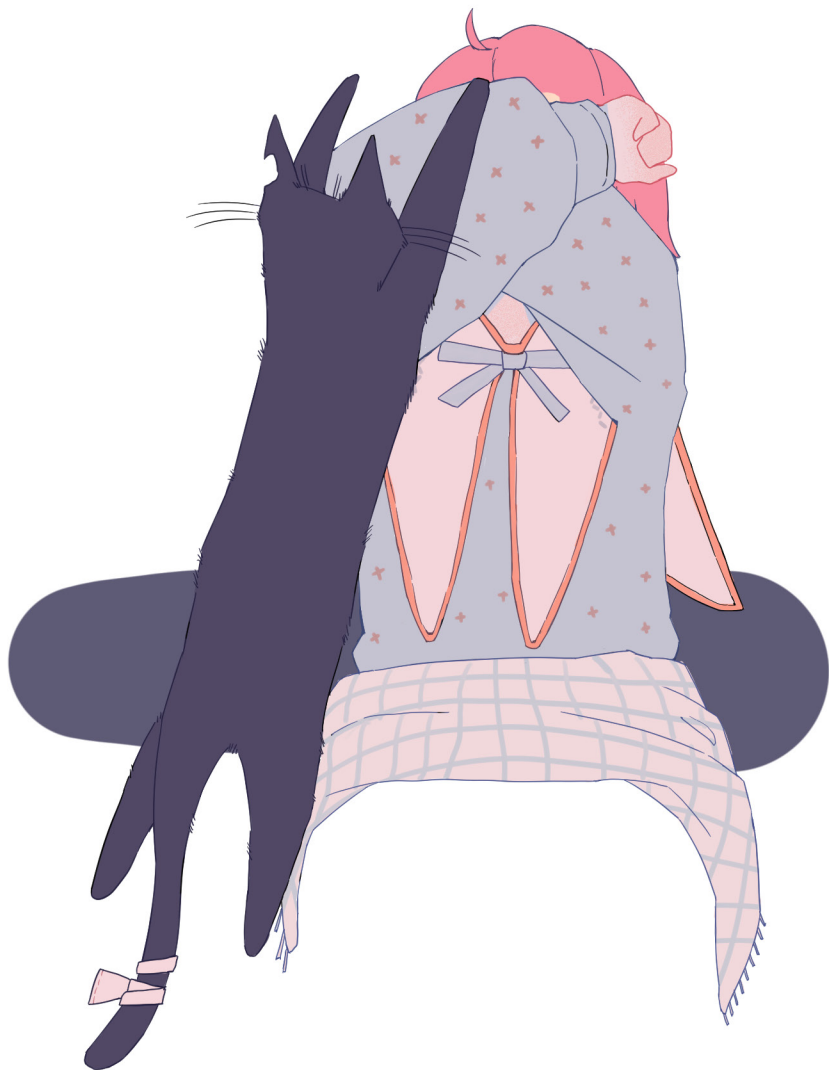
**"What do you want? What do you want from me?" cried Flare.**





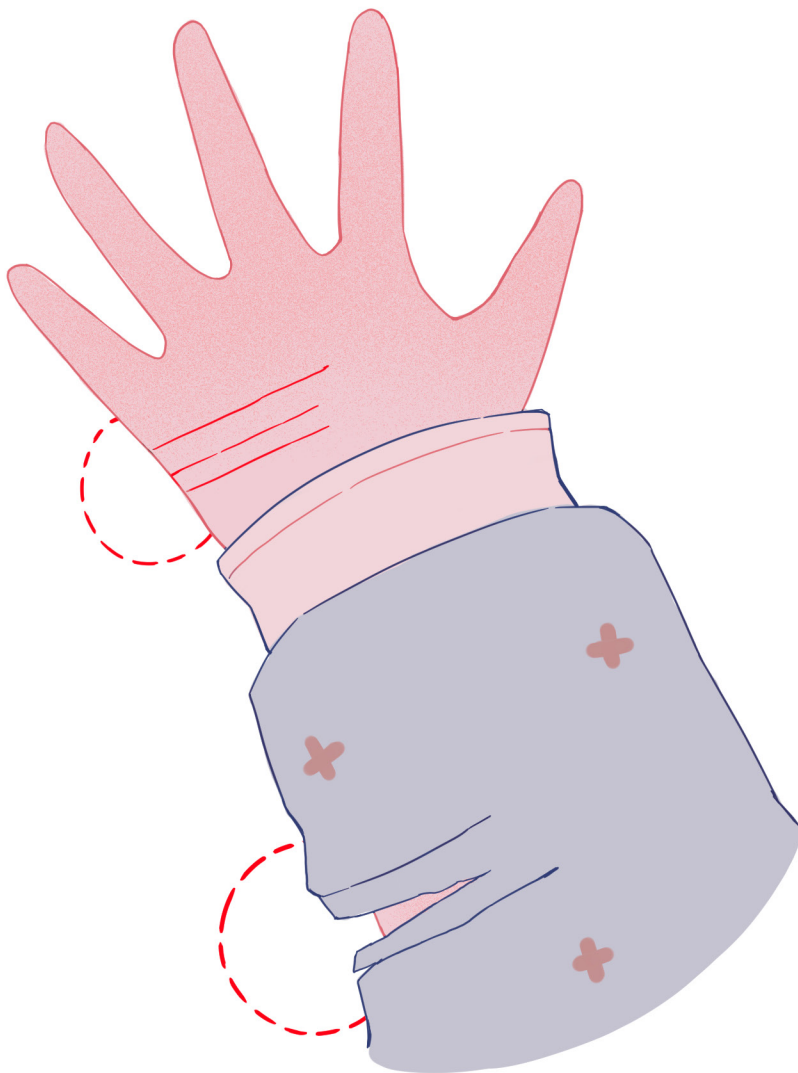
**Flare's angry voice startled the cat.**

**It jumped up and scratched her, then ran away**



**Flare looked down at her scratched hand, shocked at what the cat had done to her.**

**It seemed she would never be able to get rid of it.**





**That night, the cat invaded the Flare's bed and she had to sleep on the floor.**

That night, the girl had a dream in which she felt like she was falling all the time, surrounded by black cats laughing at her.



**Suddenly, she was awakened by a strange noise.**





**She turned on the light in a daze, trying to see what had happened.**



**The black cat had grown huge and was staring at her,  
but it didn't look as though it wanted to harm her.**



**Flare realized that she'd had a negative attitude towards the cat from the beginning.**

**Instead of trying to get along with it, she just wanted to get rid of it.**



**Flare tried to show kindness to the black cat and stroked its fur.**

**It was the first time she had smiled at it.**



**That night, the girl fell asleep beside the cat and she'd never slept so peacefully.**



**After a few days, the black cat changed back to its original size.**

**Flare and the cat had learned to get along well together.**





**We often try to ignore the ‘black cat’ of depression.**

**When we choose to avoid it, it will slowly become more insistent.**

**Accepting it as part of our lives will show us how to live with it.**

# End

**Illustration/ Sequential design**  
**Yuelin Mo**  
**Full-time**  
**University of Brighton**