THE DIMENSIONS

MAKING MENTAL HEALTH EASIER TO UNDERSTAND, DISCUSS, AND NAVIGATE.

ONE SUPERHERO STORY AT A TIME.

The Dimensions is a research-informed comic book series that brings the Substance Abuse and Mental Health Services Administration's (SAMHSA) Eight Dimensions of Wellness to life through eight superheroes, each living with their own mental or behavioral health challenge. The series is designed to promote mental health literacy by helping readers better understand mental health, explore coping strategies, and reduce stigma. Developed by Behavioral Health Wellness Environments for Living and Learning (BH WELL), a mental and behavioral health research team at the University of Kentucky, the comics weave research findings and educational information into engaging stories, making mental health and wellness topics more accessible and approachable.

Research-Informed **Accessible & Engaging** **Versatile Educational Resource**



Content Ratings: E for Everyone or T for Teen, depending on the issue.
Available in English, Arabic, Chinese, French, and Spanish.

EXPLORE THE DIMENSIONS!

Download all eight comic books for free.

College of Nursing
Behavioral Health Wellness Environments for Living and Learning

SCAN THE QR CODE OR VISIT:
BHWELL.UKY.EDU/RESOURCES/COMIC-BOOKS

Interested in bulk quantities? Email bhwell@uky.edu for purchasing information.

MEET THE SUPERHEROES!

EIGHT SUPERHEROES.
EIGHT DIMENSIONS OF WELLNESS.





CAPTAIN CALM
AKA Eric Ripple

- **Dimension of Wellness:** Environmental
- **Challenges:** Anxiety and tobacco use disorder
- **Superpowers:** Super strength and communicating with animals



ELASTIC BEAUTY
AKA Lucy Stretch

- **Dimension of Wellness:** Financial
- **Challenges:** ADHD
- **Superpowers:** Body manipulation



THUNDERING TORNADO
AKA Leo Lowe

- **Dimension of Wellness:** Physical
- **Challenges:** PTSD
- **Superpowers:** Sonic wind, a powerful roar, and increased pain tolerance



AGENT REPLACEMENT
AKA Einstein Al-Kno

- **Dimension of Wellness:** Intellectual
- **Challenges:** Social cognition
- **Superpowers:** Exceptional intelligence and technological ingenuity



THE DIVINE QUEEN
AKA Raha

- **Dimension of Wellness:** Spiritual
- **Challenges:** Compulsive behaviors
- **Superpowers:** Flight and mind reading



MAGNETIC SHOCK
AKA Nova Pow

- **Dimension of Wellness:** Social
- **Challenges:** Polysubstance use disorder
- **Superpowers:** Magnetic manipulation of objects



THE HEALER
AKA Hope Ripple

- **Dimension of Wellness:** Emotional
- **Challenges:** Panic attacks and compassion fatigue
- **Superpowers:** Healing hands and X-ray vision



THE GENTLE CHAMELEON
AKA Aanisah Alomar

- **Dimension of Wellness:** Occupational
- **Challenges:** Depression
- **Superpowers:** Shapeshifting and seeing the future

UNIQUE STRENGTHS AND REAL-LIFE CHALLENGES.