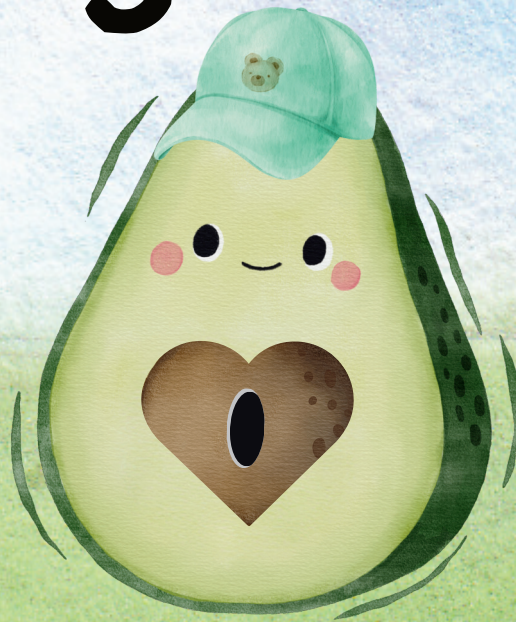




THE CONNECT HUT
Making Mental Health Simple

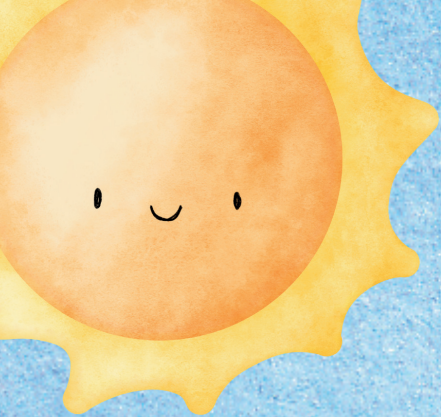
There is a Hole in my Heart



By The Connect Hut

Once upon a time, in the heart of
the Sunny Field, lived a young
avocado named Avo.





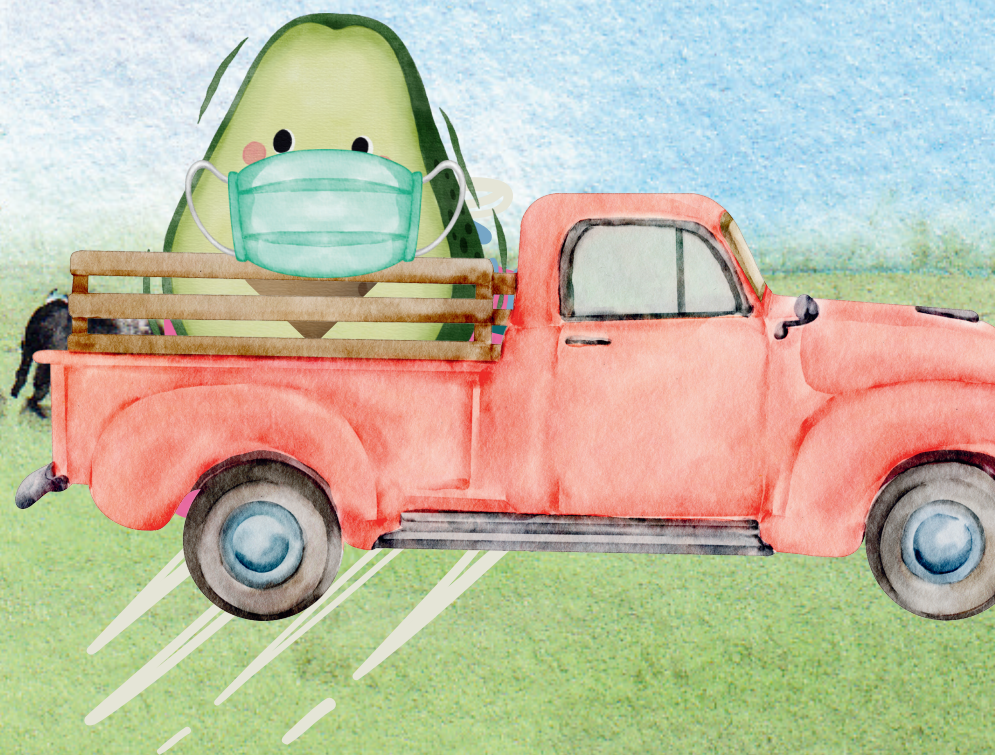
He loved nothing more than
basking in the sun with his
family and friends



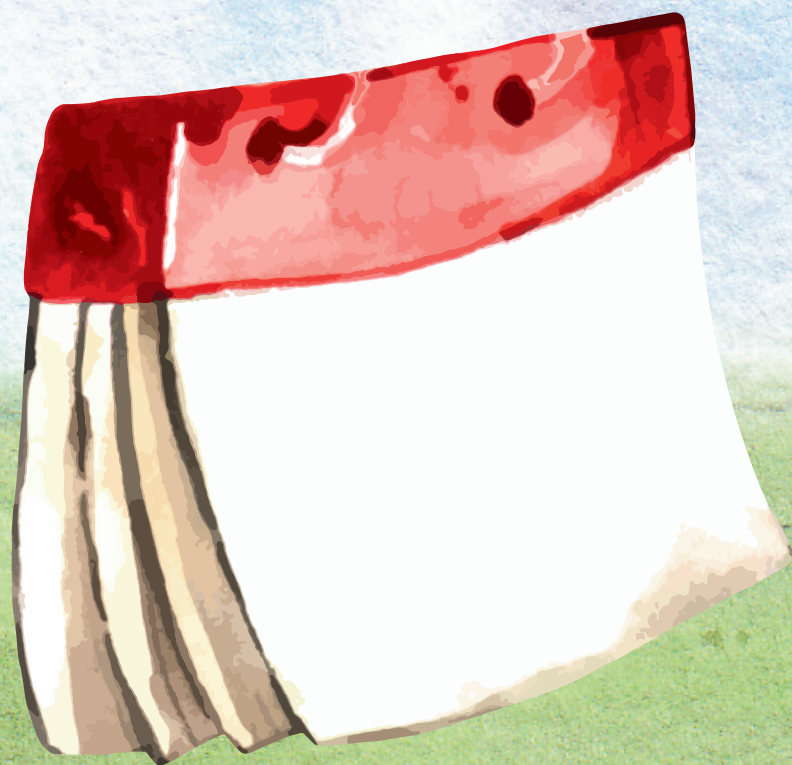
Avo's Heart was full of
joy and laughter.



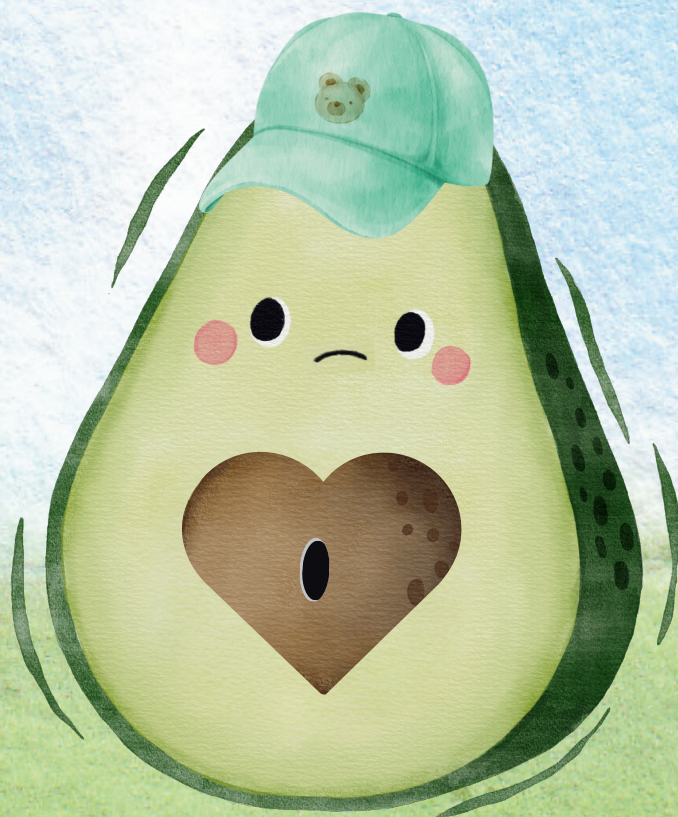
but one day Avo's Dad was picked
by the farmers as he was not well. He
promised Avo he would come back soon.



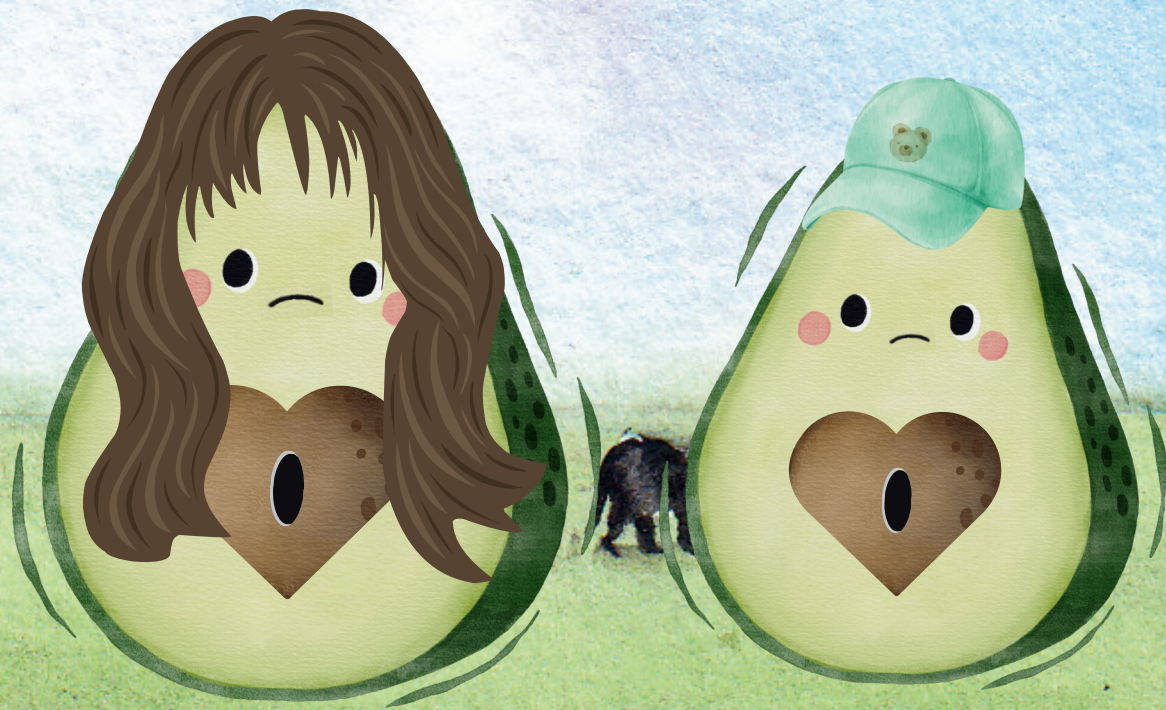
but days turned into weeks. He
did not come back. Avo's heart
began to feel empty.



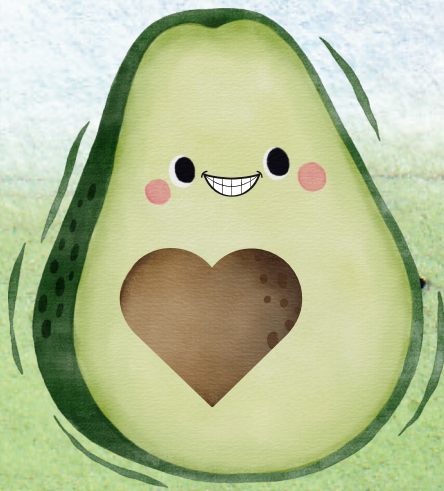
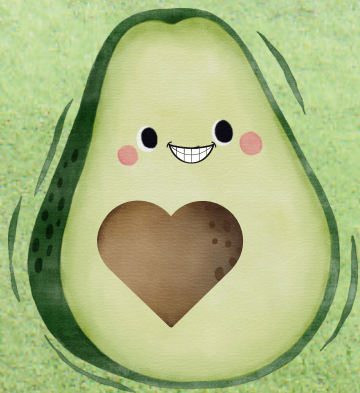
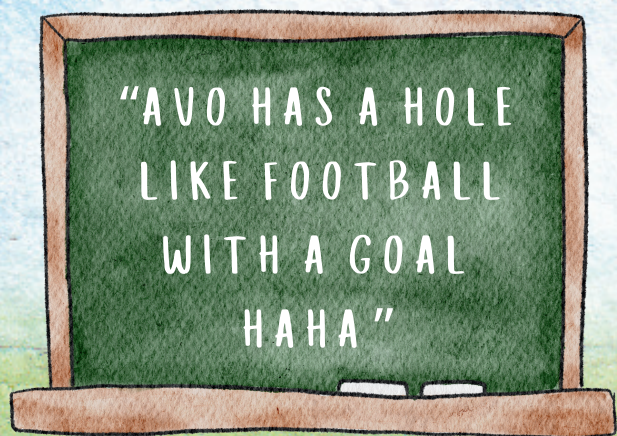
Avo missed his dad every day. The
hole in his heart grew bigger



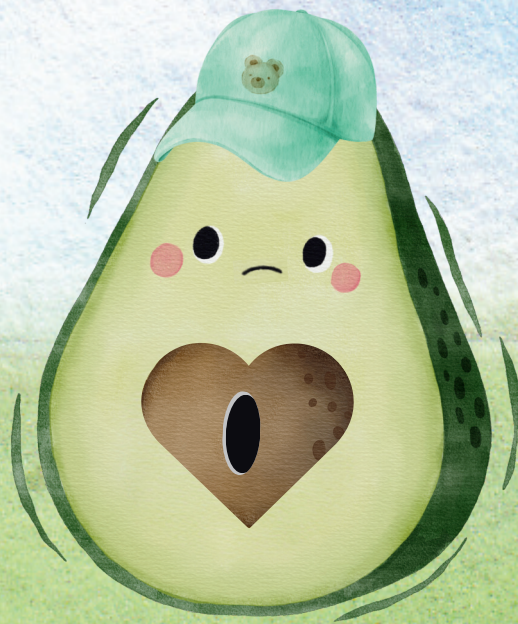
Home wasn't the same anymore. Avo's mom was always tired and worried. The laughter in their home was gone, and the hole in Avo's heart grew even more.



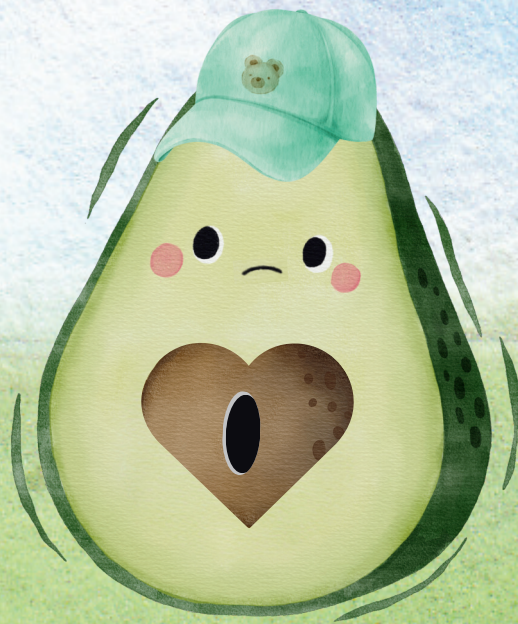
At school, things were tough too. Some fruits teased Avo because he was quieter and sadder than before. The hole in Avo's heart got even bigger.



Avo felt lonely and didn't know how to talk
about the hole in his heart. He just knew it
hurt and he doesn't want to feel this.



Despite trying everything from
playing with friends to studying, the
hole in Avo's heart persisted.



One day, some friends offered Avo strange
nectar drinks, saying they would
make him very happy.



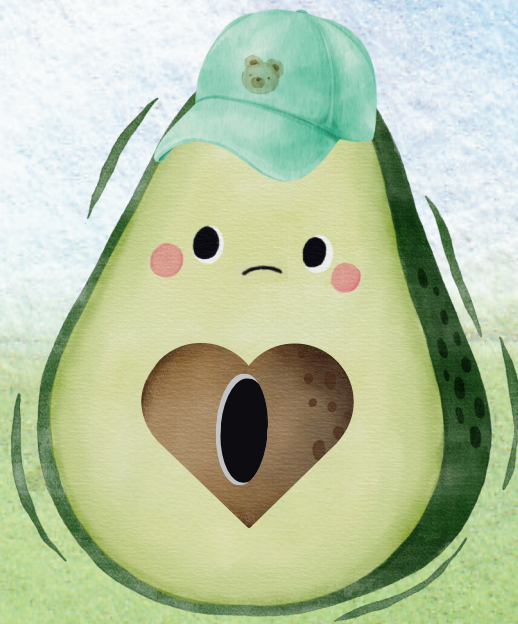
At first, Avo felt temporarily happy and forgot about the hole when he had the strange nectar drinks but as time went by, he felt more and more empty inside.



He wanted more strange nectar drinks, but it didn't make him feel better. Instead, he felt even worse and hole grew bigger.



Avo wanted the strange nectar drinks so much that he stopped spending time with his family, friends, forgot about studying and didn't play anymore.



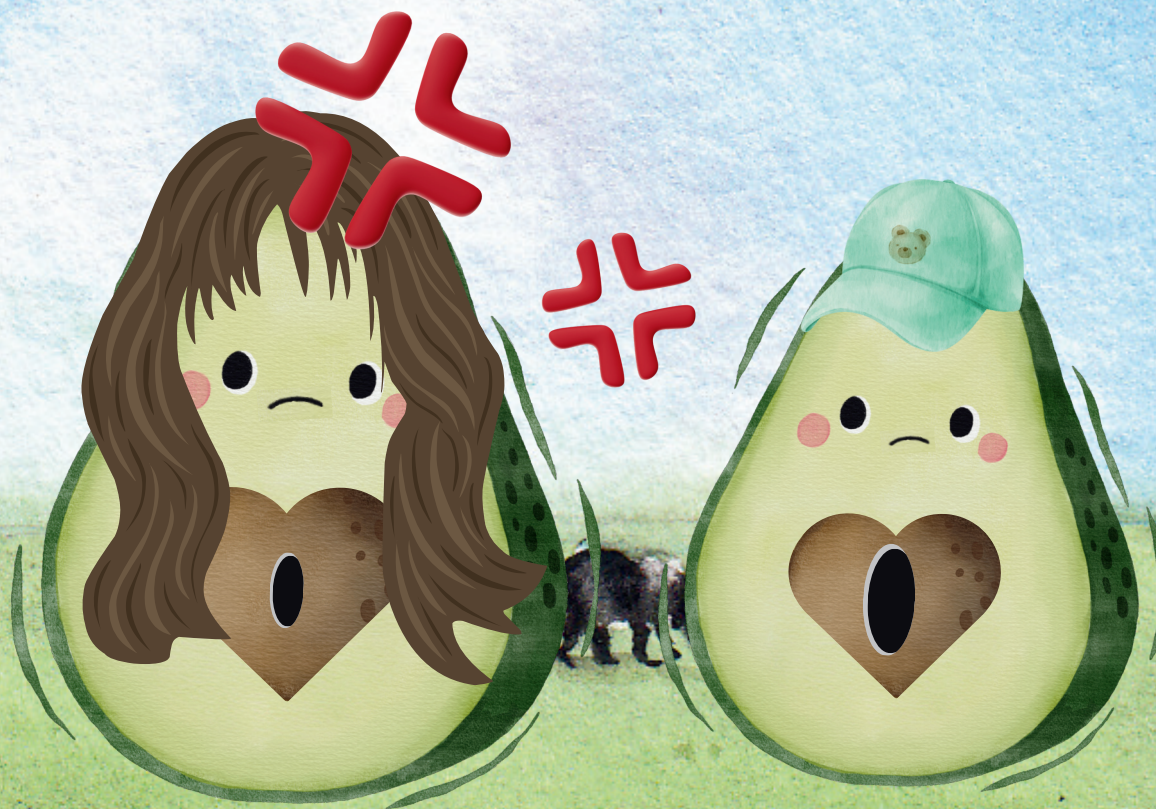
His happy times with friends faded away
because he couldn't stop thinking about the
strange nectar drinks and other fruits
called him bad names



At home, Avo's family started struggling a lot from spending money for these nectar drinks to seeing his hole getting bigger everyday they didn't feel good.



He also fought with them often
because he couldn't stop wanting
more strange nectar drinks



But it didn't help. It only made the hole bigger and his heart sadder. Avo realized he needed something more. He needed help



HELP!



Feeling lost and alone. Avo
stumbled upon a gathering of fruits

YOU ARE
NOT ALONE

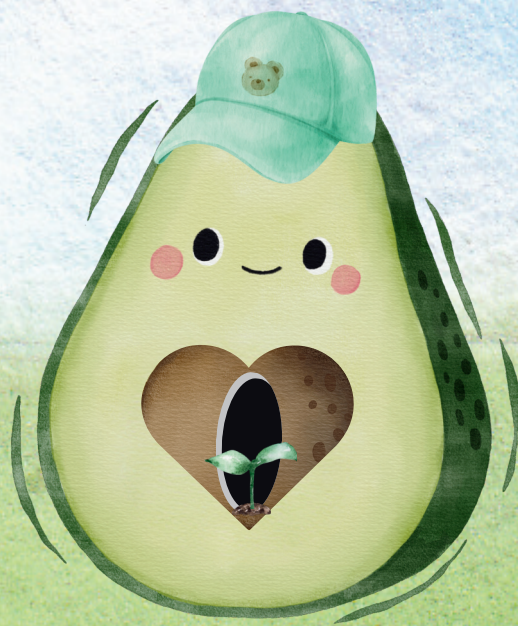


The fruits, seeing Avo's pain, came together and offered him their company. They listened as Avo poured out his heart.

LET IT
OUT AVO :)



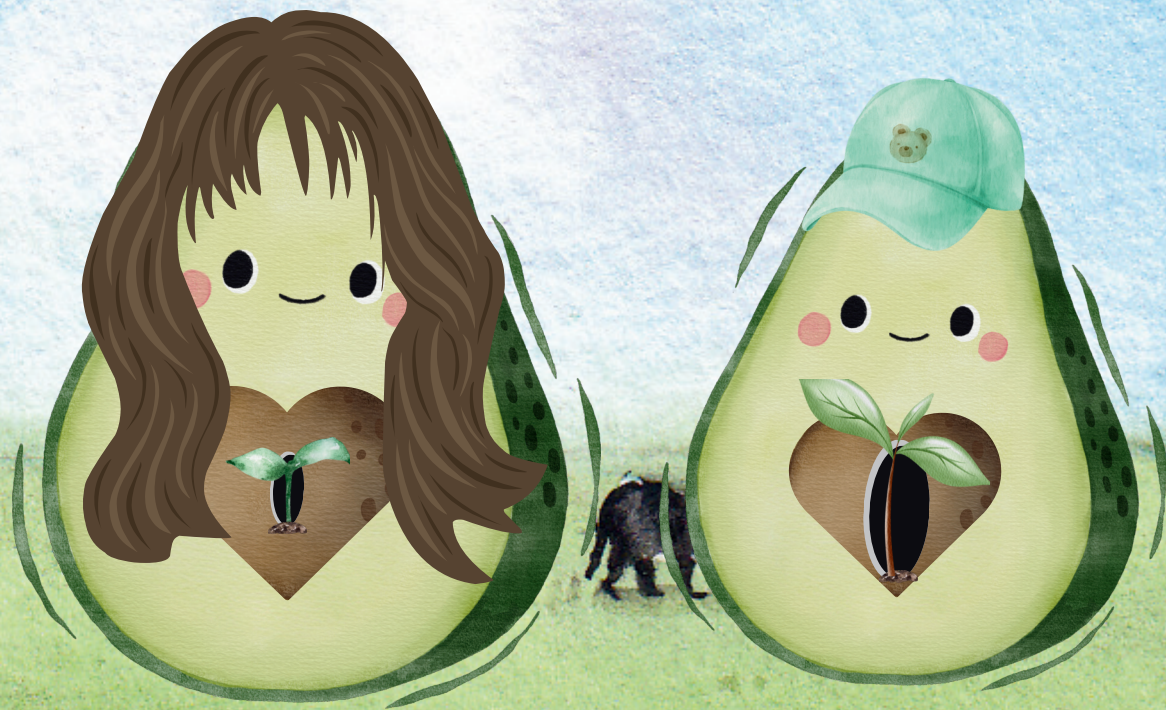
Releasing the pain from his heart planted the seed of hope in the hole, which began to sprout. Even when he thought about nectar drinks, he now turned to the fruit groups instead.



With the support of his fruit friends, he
discovered joy in running and drawing, and
loved being with caring friends. Each creative
and kind act helped him release his pain,
making his seed of hope stronger



Avo and his mom began to talk more,
sharing their feelings and supporting each
other. The sprout in Avo's heart grew into
a small tree, filling more of the emptiness.



Avo found fulfillment in helping others. He volunteered to assist with running the fruit group, and the tree in his heart blossomed with beautiful flowers

YOU ARE
NOT ALONE



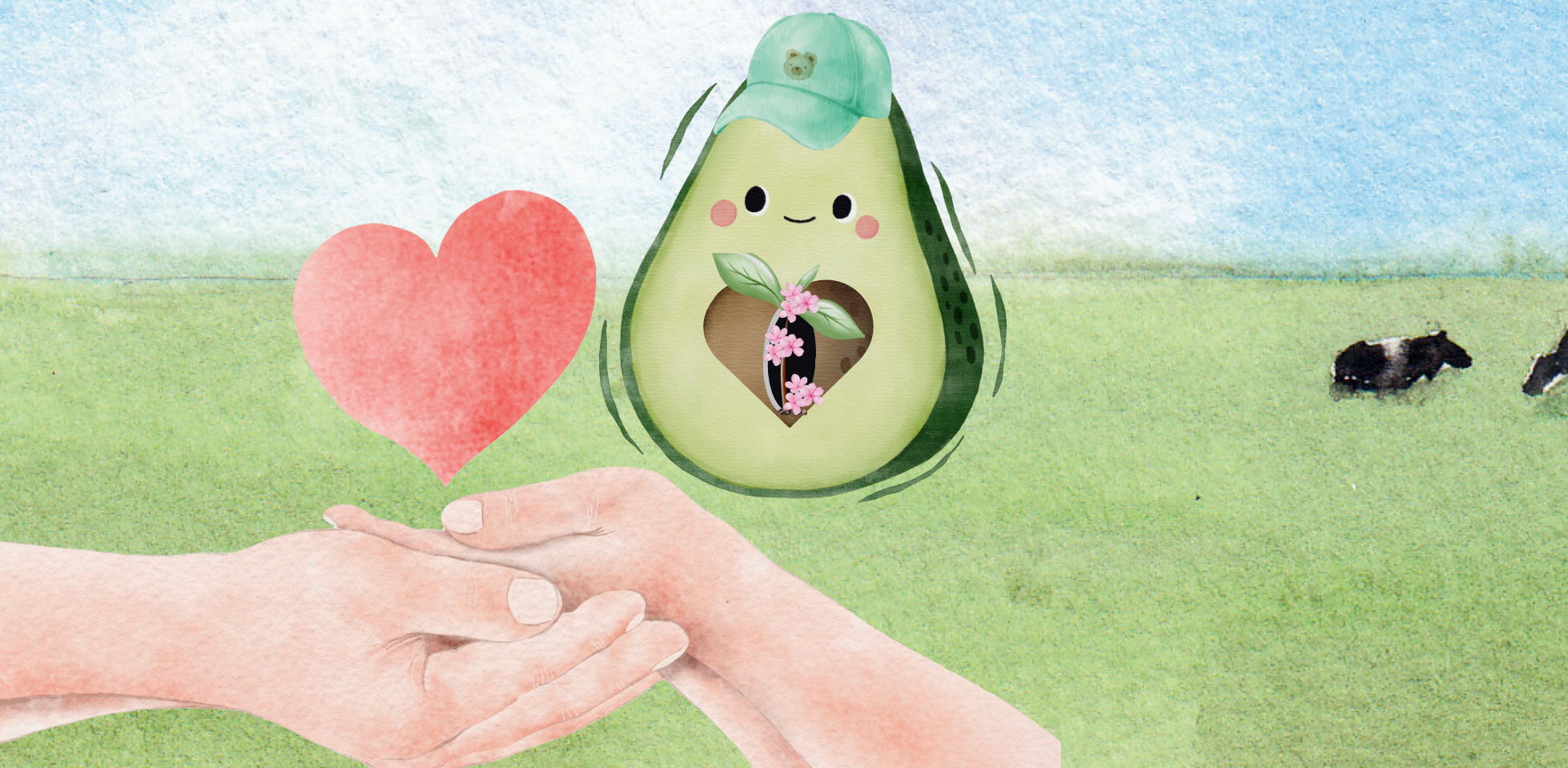
Avo learned that the holes in our hearts
can be healed with connection, community
and kindness. He was no longer alone, and
neither are you. :)



Remember, we can all have holes in our hearts due to many reasons, which can stay with us and hurt us. We may find unhelpful ways to fill them, only to realize it isn't enough.



You don't have to keep hurting. It's okay to ask for help and learn helpful ways to fill your heart. Your heart is special and deserves to be filled with love and happiness



Just like Avo, even if the hole remains, you
don't have to handle it alone. You too can find
healing and happiness through connection,
community, and kindness.

YOU ARE
NOT ALONE





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Thankyou for reading!
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