



- Learn more about mental illnesses.
- Stigma is real. It can make people with mental illnesses feel isolated, misunderstood, or shamed. And, it makes recovery for people harder.
- Mental Illnesses can impact anyone – people just like me. I’m going to do my best to remember that.
- Speak up against mental health myths and misinformation.
- We all have gifts and struggles. We are more alike than we are different.
- People with illnesses like cancer are often described as “courageous” and “determined.” People with mental illnesses deserve the same respectful language.
- Simple ways of showing support can make a big difference.
- The impact of mental illnesses is far and wide. If we talk about it, chances are others will understand.



- I'm going to listen more and not jump to conclusions about people.
- I am going to support people with mental illnesses in the same manner as a person with any other health issue. People are people. They are not their illnesses.
- If someone I know seems to be struggling, I won't make assumptions. I'll try to be helpful instead.
- I am going to be more active about researching the facts about mental illnesses and not buy into stereotypes or misinformation.
- I will express my appreciation for the gifts and talents of all people in my life more often.
- I am going to be more careful about the words I choose and ask myself, "If a person with a mental illness overheard what I am saying, would I be embarrassed?"
- Being there for someone doesn't have to be scary or complicated. I can start by just letting them know I care.
- I will actively challenge and confront stigma so that I am doing my part to foster fairness and respect for people living with mental illnesses.