

*I am a neighbor.*

*A chess player.*

*A future  
President.*

*I am not my  
mental illness.*

**OPEN MINDS**



**OPEN DOORS**

# End the Stigma of Mental Illness

**T**ake care in what you say. Don't use words that could be hurtful to someone with a mental illness.

**L**et others know when their words might be hurtful.

**R**emember that mental illness is not a joke. If someone is laughing about mental illness, take the opportunity to educate that person.

**D**on't believe everything you see and hear in the media. Mental illness is seldom portrayed accurately in the movies, on TV, in the newspaper and in books.

**R**emember that the vast majority of people with mental illness are not violent.

**R**each out to someone who may need help for a mental illness. You may recognize some signs of depression or even warnings of suicide. Talk to this person in an understanding way and encourage him or her to get help.