

I am a poet.

A volunteer.

A cross-country runner.

I am not  
my mental illness.

**People with mental illness are still people.**

Twenty million Americans suffer from mental illness.  
And the sad part is, nearly half of us don't seek treatment because of you.

You see, your attitudes towards those with mental illness discourage many of us from getting the help we need for fear of being labeled. You think panic attacks are something we should just "snap out of." You believe depression is something we should simply "get over." You wouldn't tell someone with cancer to just get over it, would you?

Changing your attitudes about mental illness can change millions of lives for the better. Open minds can open doors to effective treatment and productive, fulfilled lives.

**OPEN MINDS**



**OPEN DOORS**



COMMUNITY  
SOLUTIONS  
OF FORT WORTH



Mental Health Connection  
OF TARRANT COUNTY

I am a friend.

A chess player.

A future President.

I am not  
my mental illness.

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