

MAJOR UNDERSTANDINGS ABOUT MENTAL ILLNESS



- Mental illness is a brain-based illness.
- Early intervention and treatment are important.
- People developing a mental illness require support.
- People with a mental illness can lead productive lives.
- The myths and stigma of mental illness are barriers to treatment.

IMPORTANT REMINDERS

1. Don't diagnose yourself or fellow students.
2. Be supportive of a friend who is having difficulties.
3. Contact a responsible adult (counselor, parent, teacher) when you feel something is wrong.
4. Don't wait - the earlier treatment starts, the better the results.

MENTAL ILLNESSES ARE R.E.A.L.

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| RECOGNIZE | that there is a problem. |
| EDUCATE | yourself about stigma and mental illness. |
| ASK | for help from a trusted adult. |
| LEND | a hand – offer support to a friend. |

You can make a difference!

