

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.

- 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!

