

# Let's talk about the ELEPHANT IN THE ROOM

## Mental Illness in the Classroom

### What can YOU do?

#### As a classmate

- Educate yourself
- Treat people with respect
- Confront stigma
- Support your classmates

#### As a person with mental illness

- Get treatment
- Don't allow self-doubt and shame
- Inform others
- Be a champion



Please provide your support to the  
Elephant in the Room Anti-Stigma Campaign<sup>©</sup>

[www.mooddisorderscanada.ca](http://www.mooddisorderscanada.ca) | [www.troubleshumeur.ca](http://www.troubleshumeur.ca)



**Mood Disorders** Society of Canada  
Société pour les **troubles de l'humeur** du Canada

The Elephant in the Room Anti-Stigma Campaign<sup>©</sup> is an initiative  
of Mood Disorders Society of Canada

**ELEPHANT**  
IN THE **ROOM**  
**ANTI-STIGMA**  
**CAMPAIGN**

