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®

www.mooddisorderscanada.ca | www.traubleshumeur.ca

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

The Elephant in the Room Anti-Stigma Campaign® is an initiative of Mood Disorders Society of Canada