

Let's talk about the ELEPHANT IN THE ROOM

Mental Illness in the Classroom

What can YOU do?

As a co-worker

- Educate yourself
- Treat people with respect
- Confront stigma
- Support your co-workers

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

