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 Mood Disorders Society of Canada