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.troubleshumeur.ca

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