

# Let's Not Keep Quiet



*Let the voice of those affected by mental illness be heard.*

**Stigma produces silence. Silence allows the stigma of mental illness to continue.**

**We need more than ~~talk~~, but talking about mental illness would be a huge step towards reducing the stigma.**

**“With proper care and treatment many individuals learn to cope or recover from a mental illness or emotional disorder.”**

*What a difference a friend makes.*

**Mental health care should be routine.**

**Educate yourself about mental illness.**

Help Others and Yourself by  
Not Keeping Quiet