

# 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*.**

Provided through  
Prevention Education & Outreach,  
an Affiliate of the  
Association of Community  
Mental Health Centers of Kansas.  
Contact your local  
Mental Health Center for help.