

# FAMILY MENTAL HEALTH

MENTAL ILLNESS DOES NOT EXCLUDE

STOP THE SILENCE, SPEAK OUT AND SUPPORT MENTAL HEALTH.



## WHO

Politicians, doctors, school teachers, firefighters, military, stay-at-home parents, customer service reps – Mental Illness does not exclude. Asian, British, American, Native – Mental Illness does not exclude. Babies, children, youth, adults, seniors – Mental Illness does not exclude. Students, unemployed, workaholics, business owners, rich, poor – Mental Illness does not exclude.



## WHAT

As you may know, Mental Illness is often caused by a reaction to environmental stresses, genetic factors, biochemical imbalances or a combination of these. Therefore, you can conclude that it really doesn't matter who you are or where you come from or how you live – Mental Illness does not exclude.



## WAIT

There is great news! Today, with new insight, research and knowledge, there are so many ways to diagnose, treat and support Mental Illness.

You are not alone! Mental Illness affects everyone. By speaking out and sharing your story, you will certainly learn and build your coping skills by experiences others have had.

*"I had some experience in dealing with people who have mental illness and depression, but I didn't see the signs in myself.*

*I couldn't ask for help because I didn't know I needed help."*

Said by Clara Hughes...

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