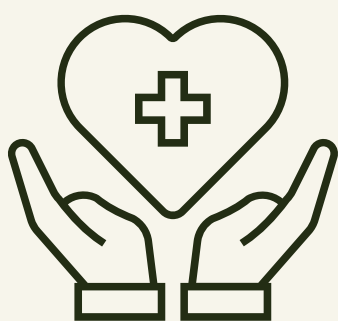


# 7 WAYS TO COPE WITH MENTAL HEALTH STIGMA

## IN AND OUT OF THE CLASSROOM

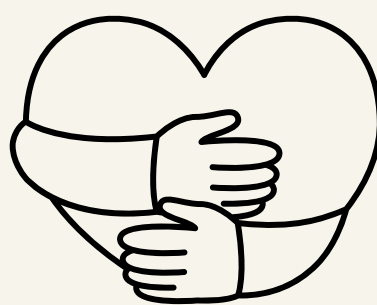


### 1) GET TREATMENT

Identifying issues and treating symptoms of mental illness can make facing stigma more manageable.

### 2) FOSTER SELF-ESTEEM

Consider seeking therapy or other methods to foster self-esteem and overcome self-judgement.



### 3) TALK TO OTHERS

Sharing your mental health concerns with friends, family, clergy, or other community members can provide valuable support.

### 4) CHANGE YOUR THINKING

Shift your perspective by reframing your language. Rather than saying "I'm bipolar," opt for "I have bipolar disorder."



### 5) JOIN A SUPPORT GROUP

Support groups offer an opportunity to connect with individuals who may share similar experiences. These environments aim to be stigma-free.

### 6) GET HELP AT SCHOOL

Discuss what you're experiencing with trusted adults at school.



### 7) SPEAK OUT

Speaking out can reassure others facing stigma that they are not alone.