



## **END THE STIGMA**

Stigma is the widespread fear and misunderstanding of mental illness.

Stigma reflects prejudice, dehumanizes people with mental illness, belittles their legitimate concerns, and is a significant barrier to effective delivery of mental health services.

## **What can you do?**

1. Talk about your mental illness
2. Educate yourself and others
3. Be conscious of language
4. Be honest about treatment
5. Do NOT believe everything seen in the movies or social media
6. Realize that mental health is just as important as physical health

## **5 Ways to Talk to Your Doctor**

Before the appointment, prepare a list of questions to ask

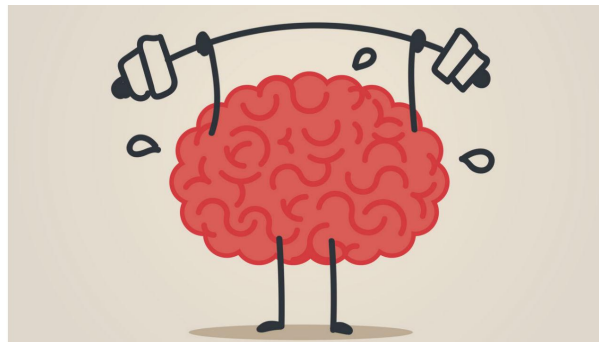
Ask questions openly and without fear of judgement

Say exactly how you are feeling

Speak up for yourself and be persistent

Make your mental health a top priority

Suicide Hotline:  
1-800-273-8255



## **Depression**

Mood disorder that causes loss of interest and **frequent** feeling of sadness

### **Signs and Symptoms**

- Lack of interest in activities
- Loss of energy
- Feeling little joy

### **Anxiety**

**Excessive** worry in situations that are not threatening

### **Signs and Symptoms**

- Feeling tense or restless
- Racing heart/shortness of breath
- Exaggerated worrying

### **Services**

The Pavilion  
217-373-1700

Crosspoint Human Services  
217-442-3200