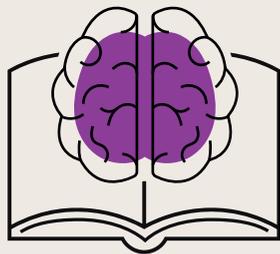


# 5 ways to end mental health stigma

**Educate yourself and your children about mental health**



**Share real-life examples of people with mental health disorders**



**Explain mental health has a range of symptoms**



**Listen to and support others with mental health concerns**



**Share stories of overcoming mental health disorders**

