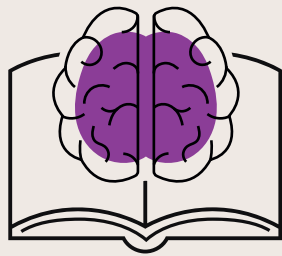


5 ways to end mental health stigma

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

