

# Are You Leading the Way, or Are You in the Way?

You stand by your friends. You stand up for what's right. You don't get in anyone's way. Right? Are you sure? Did you know that how you react to someone with mental illness may make them feel lost, ashamed, or not willing to get help? Even if you're not mean to them, what you say or do might do some harm. Stigma is a word that actually means "tattoo"-that's sticking something on them

that's hard to get rid of. When it comes to mental health, stigma means labeling mental health challenges as bad, dangerous or weird. Sure, their mental health means sometimes people will act in unusual ways that make other people feel uncomfortable. But that's when they need our help-not our labels-the most. Here's how a few teens express themselves regarding mental health stigma.

## Know the Truth about Mental Illness

**It is TRUE.** MOST OF US will experience a mental health challenge sometime in our life. Like physical illness, mental illnesses can happen over the course of our lives.

**It is TRUE.** Mental illness can be treated and people do recover, often fully.

**It is TRUE.** A person is not their mental illness. They are just like everyone else, but with a condition they did not choose.

**It is TRUE.** What you say and do can make the difference between whether or not someone gets help. Be the one who got them help.

MENTAL ILLNESSES ARE  
**NOT** ADJECTIVES

My room is  
always clean,  
I own so **O.C.D.**!

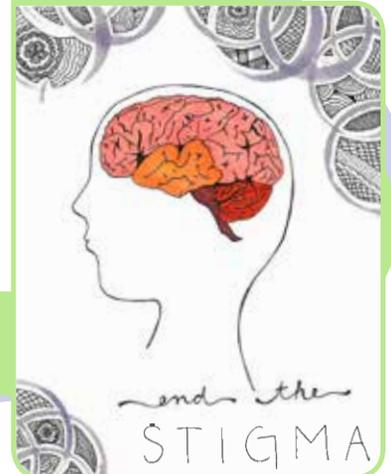
This weather  
is so  
**BIPOLAR!**

Stop,  
you're acting  
**psychotic!**

That test  
was so hard  
It made me  
**depressed!**

ENDING STIGMA  
STARTS WITH YOU.

Artwork by Jon Mason



Artwork by Kary Santayana

## In a Mental Health Crisis

For Police or  
Medical Emergency  
Call 911

For in-person evaluation at your home:  
If under 18, call: 1-800-969-HELP (4357)

If over 18, call: 1-800-652-2929 in New Castle  
1-800-345-6785 in Kent/Sussex

For anonymous conversation:  
Text: DE to 741741 Crisis Text Line

Call: 1-800-273-TALK (8255)  
to National Suicide Prevention Lifeline

There are many paths to mental health and wellness. And there are many Delaware mental health services that can help people. Learn more about mental health at every age by visiting:

[mentalhealthde.com](http://mentalhealthde.com)

