

## Creates or Prevents Stigma Chart

| Statement   | Creates or prevents stigma.<br>Why? |
|---|-------------------------------------|
| Having a mental illness is easy.<br>You can just take medicine or<br>pills and be cured.    |                                     |
| People with mental illness are<br>crazy.  |                                     |
| I have a mental illness, but I am<br>a person like everyone else. It<br>does not define me. |                                     |