

The BringChange2Mind Principles for People Living with Mental Illness:

- ▶ I am living with a mental illness that is treatable and manageable.
- ▶ I am a valuable and valued person and I deserve to be treated with respect.
- ▶ I am responsible for the decisions and choices I make in my life.
- ▶ Educating myself about the symptoms of my illness, and any side effects I may have from treatment, will help me find and use the resources I need to work toward stability.
- ▶ Communicating about my experiences with others will help them support me in difficult times and keep me “on track.”
- ▶ If I am feeling suicidal, it is critical that I reach out for help, for in the face of real pain and suffering, it is others who can help me with a commitment to live.
- ▶ I can reduce stigma in myself and in others by being open about living with mental illness, naming it out loud and raising people’s awareness.

The BringChange2Mind Principles for Everyone:

- ▶ It is likely that someone I know is living with a mental illness and that fear of stigma may be preventing them from accepting their illness and seeking help.
- ▶ I can make a difference by learning about mental health issues and the devastating effects of stigma.
- ▶ If someone I know exhibits sudden changes in behavior, I will pay attention and reach out to them.
- ▶ If someone I know is experiencing suicidal thoughts, I will take it seriously and make every effort to ensure they get help.
- ▶ I will not perpetuate or tolerate stigma of any kind and will commit myself to changing the way society views people living with mental illness.