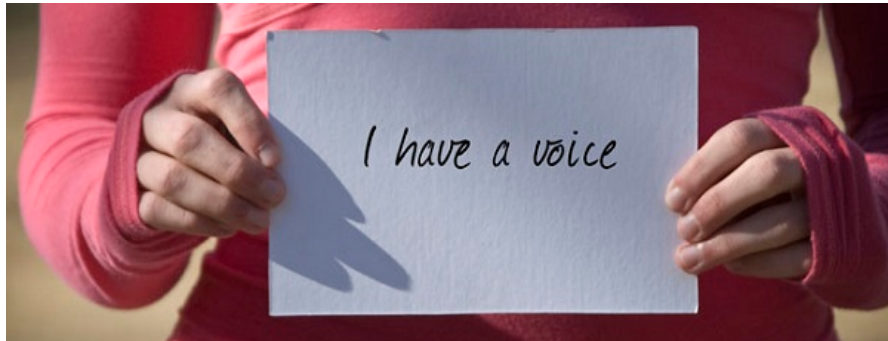


IT'S ALL ABOUT SPEAKING UP!



1. Do you know anyone who might be suffering from a mental illness?
2. How can you tell if someone suffers from a mental illness?
3. What steps can you take if you are suffering mentally?
4. How is a physical illness different from a mental illness?
5. Should someone with a mental illness be treated differently than someone with a physical illness?

6. Many physical illnesses can heal. Can someone heal from a mental illness? What is worse, a physical, or a mental illness? Why?
7. What can you do to make a difference in the life of someone who suffers mentally or physically?
8. Are you having any problems with your own mental health? Do you have someone to talk to?
9. What do you do to ensure your mental health stays on track? What other things should you be doing?
10. You can make a difference in someone's life. How?

"You are never alone. Talk to a teacher. Talk to someone. It is never your fault." Chris Nihmey chrisnihmey.com 2018

