

A close-up portrait of a woman with short, dark, wavy hair. She has a distressed expression, with wide, dark eyes and a slightly open mouth. The lighting is dramatic, with one side of her face in shadow.

"SHE'S INSANE"

HATEFUL WORDS HURT

CHANGING HOW WE TALK ABOUT THOSE STRUGGLING WITH MENTAL ILLNESS CHANGES HOW THEY LIVE WITH IT AND SEEK TREATMENT. LET'S BREAK THE CYCLE OF STIGMA.



SEE HOW YOU CAN HELP CHANGE THE CONVERSATION AT [STOPJUDGING.ORG](https://stopjudging.org).