WAYS TO STOP THE STIGMA WRONGLY PLACED ON MENTAL HEALTH
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As we are entering into the holiday season; I thought this would be the best time of the year to remind everyone how important our mental health is. Here's to a Safe and Healthy New Year!

1. Chose empowerment
2. Tell others how you feel
3. Get the treatment you need
4. Educate yourself and others
5. Open up to those who love you
6. Talk openly about mental health in your home and with friends and family
7. Remember physical and mental health are equal
8. Don't reject others
9. Help to normalize mental health
10. Show compassion for others
11. Be honest about your treatment

I would love to see the day where everyone who is struggling with a mental health issue would feel comfortable about opening up that they need to get help; without having the added pressure and fear that someone will make them feel stigmatized. There is no difference between needing treatment for your blood pressure, diabetes, broken arm or cancer; and needing treatment for your depression, anxiety, addiction or other mental health needs.