

- The brain is the **most important organ** of our body. Just because you can't see mental illness like you could see a broken bone doesn't mean it's not as detrimental or devastating to a family or an individual.
- Mental health **affects us all**. It's time to have an open and honest conversation about it.
- Let's **end the stigma** surrounding mental health by speaking up and reaching out for help when we need it.
- **No one should feel ashamed** or alone when dealing with mental health challenges.
- Let's create a culture of **compassion and understanding** for those who are struggling with mental health issues.
- You are **not weak** for seeking help. You are brave and strong for taking care of yourself and your mental health.
- Remember, **it's okay to not be okay**. Let's support each other and end the stigma surrounding mental health.

? *Do you know the difference between a psychologist and a psychiatrist?*

