

Mental illness is...

Conversations
for Change

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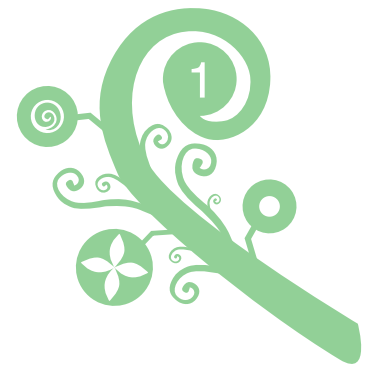
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A name that gets
put on:

- groups of symptoms
- someone's behaviour when it looks different to 'normal'.



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An understandable response to stress and difficult or traumatic events ... especially if someone doesn't have support or skills to cope.



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A spiritual or philosophical crisis that makes a person wonder:

- Who am I?
- What's important?
- What do I believe?
- What might be out of balance?



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An illness.
The brain's chemicals
aren't balanced properly.
Medication can help.

