

**Open your Class with this tomorrow  
Perfect Chaos**

**Directions:** Consider the following issues surrounding mental health awareness and be prepared to discuss your answers as a class.

1. Why do you believe that a stigma still exists surrounding issues of mental health that do not impact those who suffer from other physical ailments?

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2. How can mental illness be destigmatized?

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3. If you or someone you knew were suffering from a mental illness, would you know what steps to take in order to get help. If so, specifically where would you go?

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4. What are some ideas that you have regarding getting the word out, so that people will be more aware of the symptoms of a mental illness either coming on or occurring?

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