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What does mental illness look like? Stamp out stigma with big feet! Seek and find the humanity in us all.

"Bad words" describe people badly. Embrace Peer Support CHOICES.

"Take down" walls, not people. Accept differences.

"Crazy" is a stereotype. Shatter the distorted lens of stigma.

We all experience the world differently. See the world from a peer perspective.

Acceptance is an antidote to stigma. Vulnerability and acceptance take strength.

"The stigma associated with mental health is as powerful as racism or sexism—it just doesn't get talked about." – Pete Shaughnessy

We all need to come out. We are all part of the solution.

I am not a nut to be cracked. I am not a diagnosis.

Open Doors. Open Minds. We all function between high and low.

Nothing about us, without us.

Labor & Employment. Assumptions are deadly—especially if they're dead wrong.

Facility Diversion & Aftercare. People with mental health disabilities look like you and me.

Separate is not equal—inclusion for all.

"Stigma is a scarlet letter. Stigma is like a tattoo—it marks for life. Labels are for jeans, not people."

"The DSM does not define a person. I am not a diagnosis."

I am not a lost cause. Nobody is a lost cause.

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