

Name _____

Breaking the Silence: Confronting Mental Health Stigma

Short Answer

1. What inspired the author to explore the issue of mental health stigma?
2. Describe the feelings and experiences of individuals who had faced mental health challenges, as shared in the narrative.
3. Why did Emily, a person with bipolar disorder, feel stigmatized by the mental health system?
4. According to the author, what are some key steps to breaking the stigma surrounding mental health?
5. What did the author learn from her journey into the world of mental health stigma?

