

Name \_\_\_\_\_

## Breaking the Silence: Confronting Mental Health Stigma

### Short Answer Key

1. The author was inspired to explore the issue of mental health stigma when her friend, Sarah, confided in her about her struggles with anxiety and depression.
2. Individuals who had faced mental health challenges felt isolated, stigmatized, and often labeled as "crazy" when they opened up about their issues.
3. Emily, a person with bipolar disorder, felt stigmatized by the mental health system because she faced judgment and prejudice from healthcare professionals.
4. The author believes that change is possible in breaking the stigma surrounding mental health through education, awareness, and the power of storytelling.
5. The author learned from her journey that mental health stigma is a significant issue but that change and hope are possible through understanding and support.

