

A photograph of two men in a warehouse setting. The man in the foreground is wearing a blue button-down shirt over a white long-sleeved shirt and is smiling broadly while holding a white styrofoam cup. A green glowing halo is positioned above his head. The man in the background is also smiling and holding a similar cup. The background shows industrial shelving and bright overhead lights.

**TALK ABOUT IT.  
SPREADING THE WORD  
CAN SILENCE THE STIGMA.**

**STAMP  
OUT  
STIGMA**

**1 IN 4 OF US ARE LIVING WITH MENTAL ILLNESS.**

Isn't it time we stopped whispering and started talking? Do your part to recognize, reeducate, and reduce the stigma of mental illness at [www.stampoutstigma.com](http://www.stampoutstigma.com)