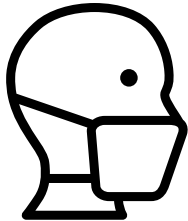


GOOD TO KNOW



Mental illnesses are **medical illnesses**, just like epilepsy or diabetes.



You can't "catch" mental illness from someone else. **It's not contagious!**

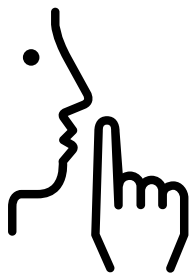


Mental illness is common. It affects **one in five** Canadians.



You are not the cause of your parent's mental illness.

You can't "cure" your parent. It's not your responsibility to make them better.



It's ok – and often a great relief – to talk about it.

It doesn't have to be a secret.



Mental illness CAN be treated. Most people with a mental illness get better.