B	I	N	G	O
Speak out against stigma	Anxiety	Dignity	People with mental illness can work	Listen without judgement
Children can experience mental illness	Share and learn from each other	Misunderstanding	Anyone can be affected	People can recover
Respect everyone	Stop Discrimination	**FREE**	Ask how you can help	Everyone is a'person' first
Invisible illness	Respect confidentiality	Learn the facts	Everyone has mental health	Mental illness is a medical condition
Effective treatments are available	Be open and caring	One in Five Canadians	Stress is not Mental illness	Depression

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B	I	N	G	O
Stop Discrimination	Anyone can be affected	People with mental illness can work	Children can experience mental illness	Misunderstanding
Dignity	Stress is not Mental illness	Listen without judgement	Be open and caring	People can recover
Invisible illness	Ask how you can help	**FREE**	Everyone is a'person' first	Anxiety
Everyone has mental health	One in Five Canadians	Speak out against stigma	Depression	Respect confidentiality
Learn the facts	Mental illness is a medical condition	Respect everyon e	Share and learn from each other	Effective treatments are available

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B	I	N	G	O
Be open and caring	One in Five Canadians	Anyone can be affected	Mental illness is a medical condition	Ask how you can help
Speak out against stigma	Invisible illness	Learn the facts	Share and learn from each other	Listen without judgement
Respect everyone	Depression	**FREE**	Respect confidentiality	Everyone has mental health
Stop Discrimination	People can recover	People with mental illness can work	Stress is not Mental illness	Dignity
Everyone is a'person' first	Anxiety	Misunderstanding	Children can experience mental illness	Effective treatments are available

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