**ANTICIPATION GUIDE**

| **Before Reading** | **Statement** | **After Reading** |
| --- | --- | --- |
|  | Mental health is just as important as physical health.  |  |
|  | Stigma around mental health is worse than the illness itself.  |  |
|  | Mental illness is not as serious as a physical illness. |  |
|  | People are responsible for managing their own mental health without external help.  |  |
|  | Mental health support should be tailored to each individual rather than a one-size-fits-all. |  |
|  | Medication is the most effective way to treat mental health issues. |  |
|  | Depression is a choice that people can snap out of if they try hard enough. |  |
|  | Mental illness does not define a person’s identity. |  |
|  | Mental illness is less likely to be treated seriously in men than women.  |  |