

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.	