

Help is Available – Get the Care You Need

What's Stopping You?

The decision to get care for health problems can be difficult, but there's no need to suffer alone. Help and resources are available!!

What Is Stigma?

Stigma is when you feel judged by other people because of some personal quality or how you do things. You may feel stigma because of negative comments people make about you, or because they treat you differently.



***Remember:* You can't change what others think about your struggle, but you can stop it from getting in your way.**