





Robert Munsch – Author
Bipolar Disorder



“The ideas that have lighted my way have been kindness, beauty and truth.”

Albert Einstein





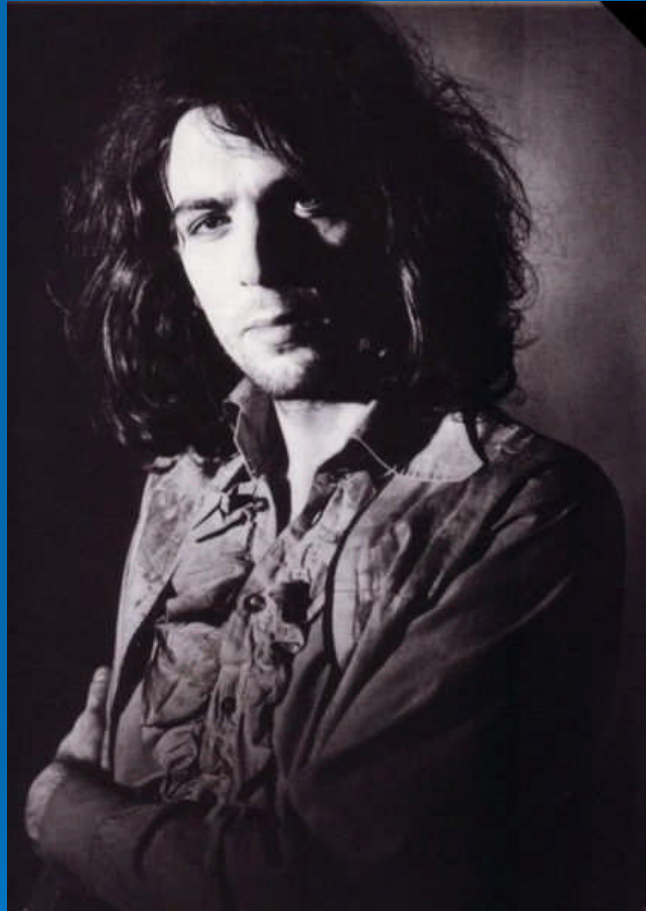
Robin Williams – Comedian
Depression

STOPPING OUT
Stigma
Depression Talking About Mental Illness

**“The great aim of education is not
knowledge, but action.”**

Herbert Spencer
(1820-1903)



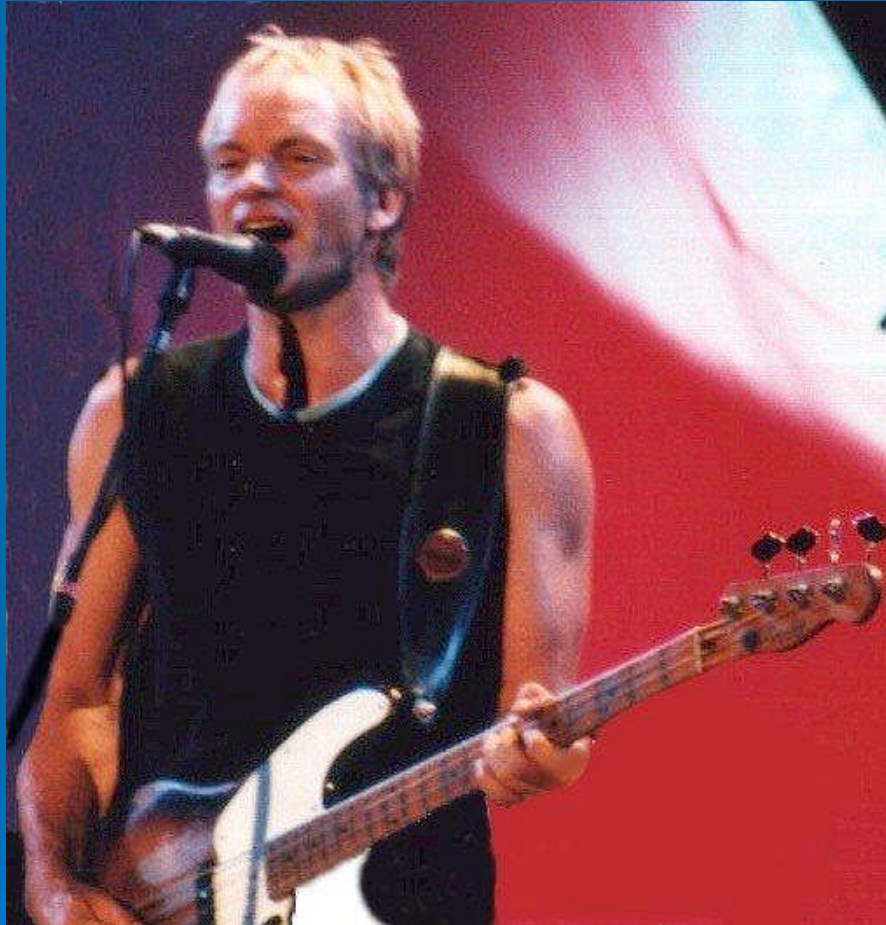


Syd Barrett – Musician, Pink Floyd
Schizophrenia

“Kind words can be short and easy to speak but their echoes are truly endless.”

Mother Teresa





Sting – Musician
Depression

STOPPING OUT
Stigma
Depression Talking About Mental Health

“Things do not change; we change.”

Henry David Thoreau
(1817-1862)





Drew Barrymore – Actress
Depression

**“Do your little bit of good where you are;
it’s those little bits of good put together
that overwhelm the world.”**

Archbishop Desmond Tutu





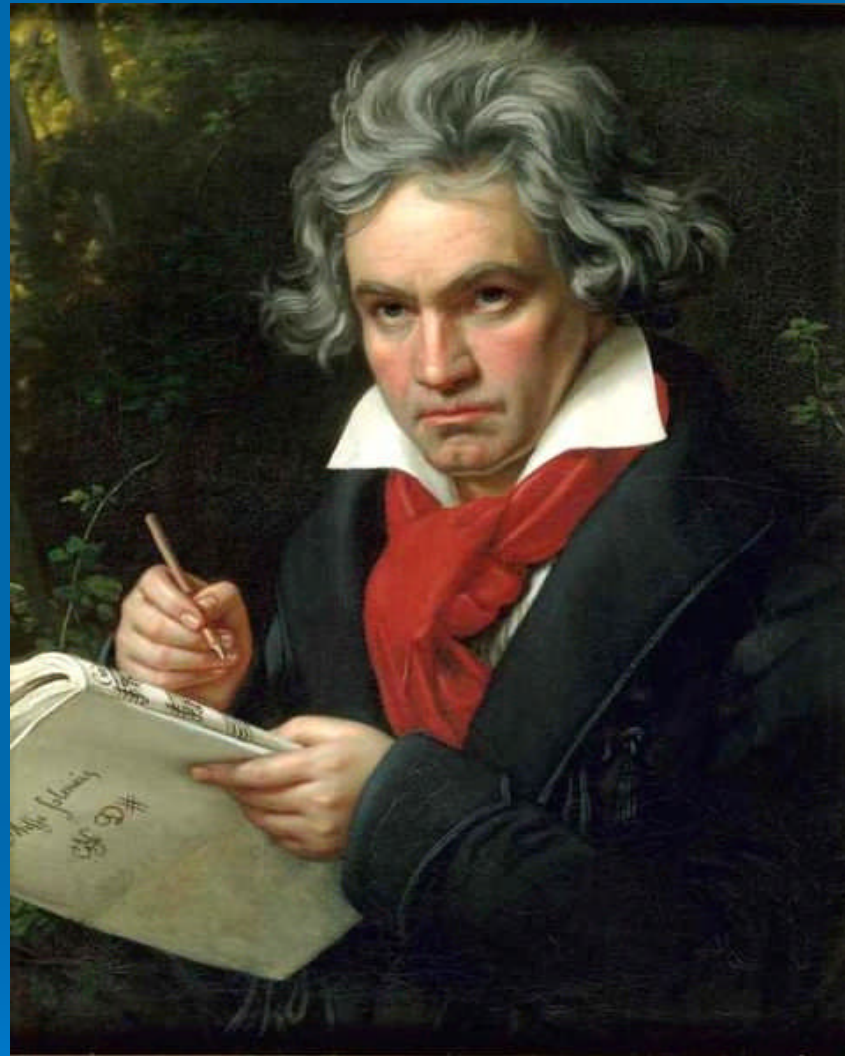
Marilyn Monroe – Actress
Depression

STOPPING OUT
Stigma
Depression Talking About Bipolar and Schizophrenia

“How wonderful it is that nobody need wait a single minute before starting to improve the world.”

Anne Frank





Ludwig von Beethoven – Composer
Bipolar Disorder



**“How far that little candle throws his
beams! So shines a good deed in a
weary world.”**

William Shakespeare





Marlon Brando – Actor
Depression

STOPPING OUT
Stigma
Depression Talking About Bipolar and Schizophrenia

“In Compassion lies the world’s true strength.”

Buddha





Linda Hamilton, Actress
Bipolar Disorder



“The world is a dangerous place, not because of those who do evil, but because of those who look on and do nothing.”

Albert Einstein





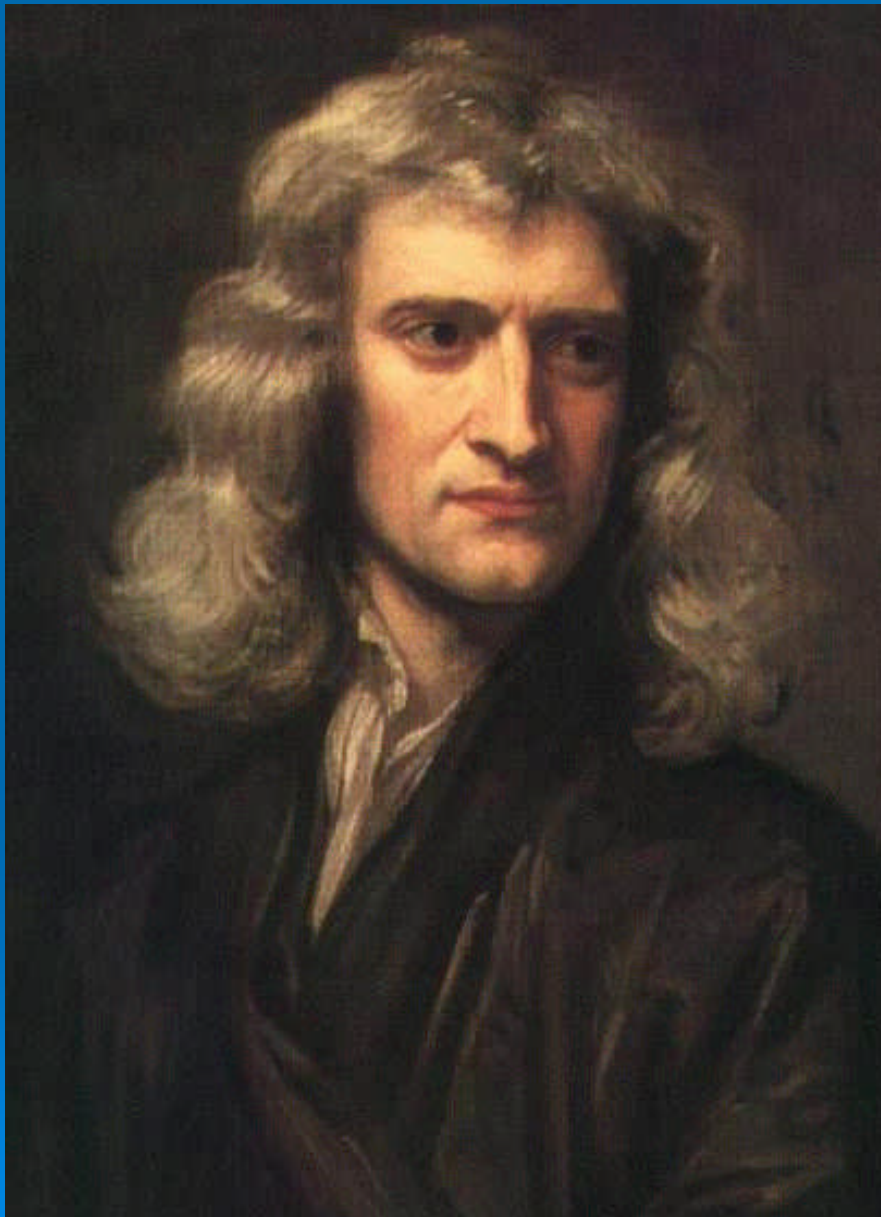
Janet Jackson – Singer
Depression



“Nurture our mind with great thoughts; to believe in the heroic makes heroes.”

Benjamin Disraeli
(1804-1881)





Sir Isaac Newton – Physicist
Suspected Bipolar Disorder



“In prosperity our friends know us; in adversity we know our friends.”

John Churton Collins





Ozzy Osborne – Rock Star
Bipolar Disorder

“When you are kind to someone in trouble, you hope they’ll remember and be kind to someone else. And it’ll become like wildfire.”

Whoopi Goldberg





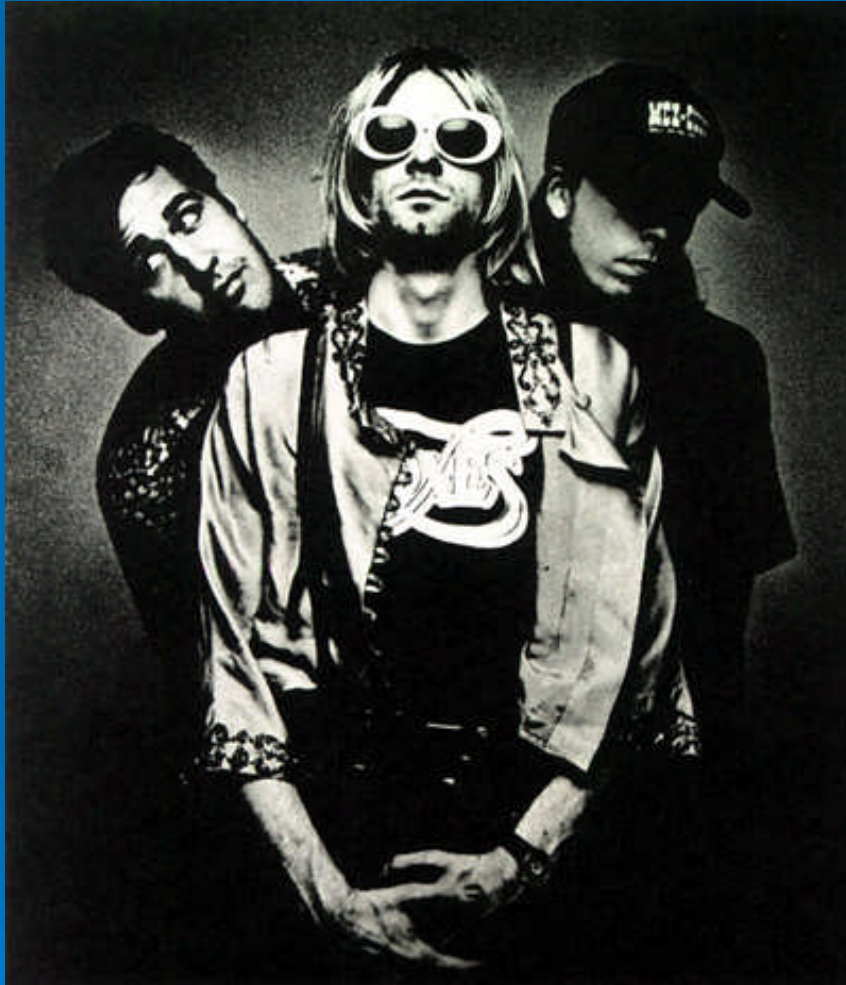
Dolly Parton – Singer
Depression

STOPPING OUT
Stigma
Depression Talking About Bipolar and Schizophrenia

“No act of kindness, no matter how small, is ever wasted.”

Aesop
(620 BC-560 BC)





Kurt Cobain – Rock Star Depression

STOPPING OUT
Stigma
Depression Talking About Rockstar Kurt Cobain

**“We make a living by what we get, we
make a life by what we give.”**

**Sir Winston Churchill
(1874-1965)**





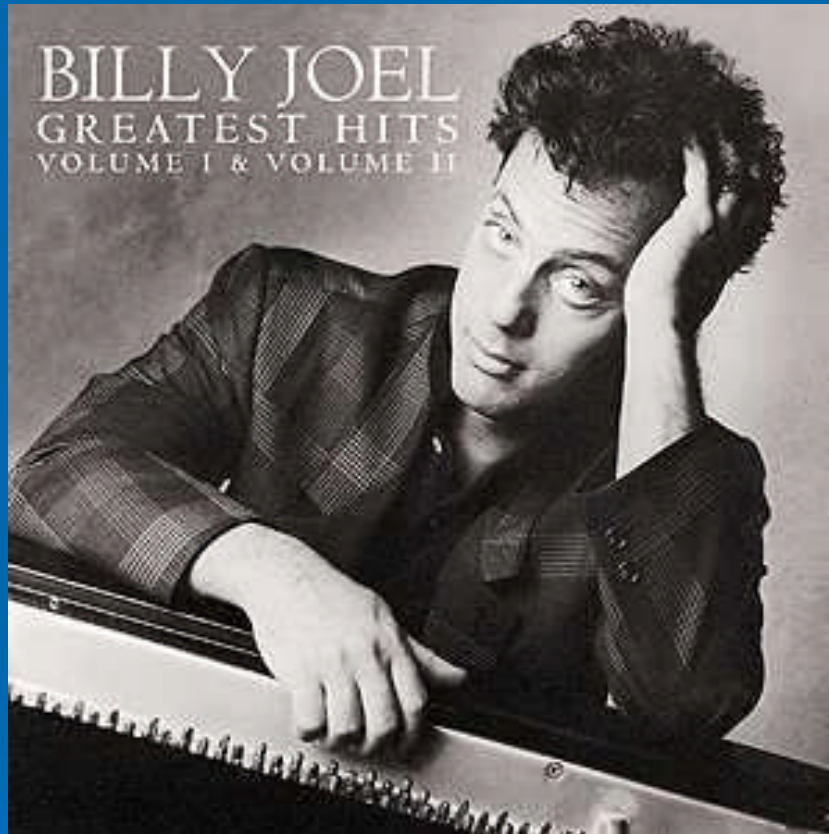
Ellen DeGeneres – Comedienne
Depression



**“The secret of a good life is to have the
right loyalties and hold them in the
right scale of values.”**

Norman Thomas (1884-1968)





Billy Joel – Musician Depression

STOPPING OUT
Stigma
Depression Taking Away David Byrne's Vision

**“Character is like a tree and reputation
like its shadow. The shadow is what
we think of it; the tree is the real thing.”**

**Abraham Lincoln
(1809-1865)**





Jim Carrey – Actor, Comedian
Depression



“You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you.”

Dale Carnegie





Sheryl Crow – Singer
Depression



**“They always say time changes things,
but you actually have to change them
yourself.”**

Andy Warhol





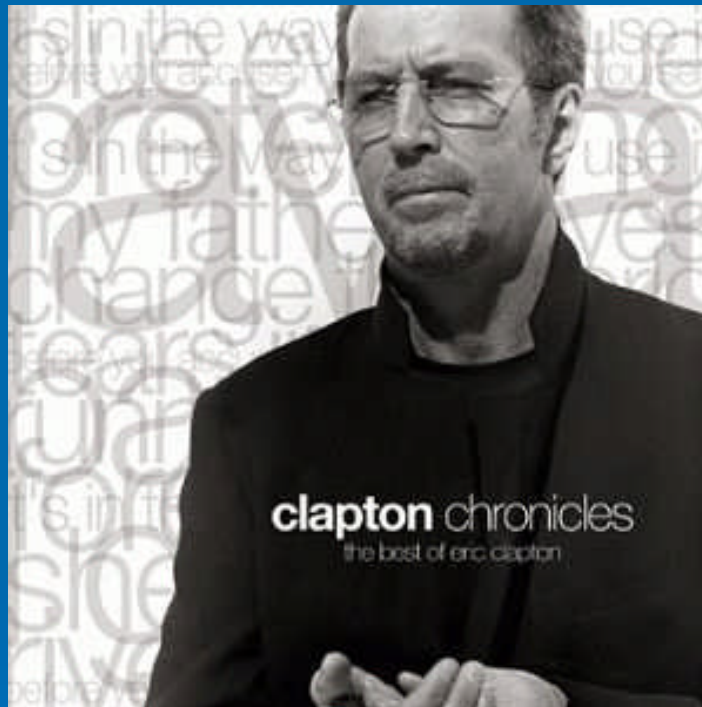
Drew Carey – Actor, Comedian
Depression



**“Do not protect yourself by a fence, but
rather by your friends.”**

Czech Proverb





Eric Clapton– Musician Depression

STOPPING OUT
Stigma
Depression Talking About Mental Illness

**“The character of a man is known from
his conversations.”**

**Menander
(342 BC-292 BC)**





Damon Wayans – Actor, Comedian
Depression



**“When the character of a man is not clear
to you, look at his friends.”**

Japanese Proverb





Rosie O'Donnell – Comedienne
Depression



“Personality can open doors, but only character can keep them open.”

Elmer G. Letterman





Howie Mandel– Comedian, TV host
Obsessive Compulsive Disorder



“Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.”

**William James
(1842-1910)**





Peter Green – Guitarist, Fleetwood Mac
Schizophrenia



**“Anger makes you smaller, while
forgiveness forces you to grow beyond
what you were.”**

Cherie Carter-Scott





John Nash – Mathematician, Nobel Prize Winner
Schizophrenia



**“Forgiveness is almost a selfish act
because of its immense benefits to the
one who forgives.”**

Lawana Blackwell





Alanis Morissette – Musician
Depression

“A goal without a plan is just a wish.”

Antoine De Saint-Exupery
(1900-1944)





Karen Kain – Prima Ballerina
Depression

STOPPING OUT
Stigma
Depression Talking About Bipolar and Schizophrenia

“The person who makes a success of living is the one who sees his goal steadily and aims for it unswervingly. That is dedication.”

Cecil B. Demille
(1881-1959)





Charles Schulz, Cartoonist
Depression



**“As soon as you trust yourself, you will
know how to live.”**

**Johann Wolfgang von Goethe
(1749-1832)**





Jackson Pollock, Artist
Depression

“Be willing to have it so. Acceptance of what has happened is the first step to overcoming the consequences of any misfortune.”

William James





Axl Rose, Musician
Bipolar Disorder

STOPPING OUT
Stigma
Disrupting Talking About Mental Health

“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.”

Margaret Mead

