Hope & healing

“There is no need to suffer silently, and there is no shame in seeking help.” — Catherine Zeta-Jones

Abraham Lincoln
Virginia Woolf
Carrie Fisher
Lionel Aldridge
Buzz Aldrin
Patty Duke
Leo Tolstoy
Ernest Hemingway
Michelangelo
Brian Wilson

Jane Pauley
Winston Churchill
Tennessee Williams
Isaac Newton
Mike Wallace
Terry Bradshaw
John Keats
Vincent Van Gogh
Beethoven
Tipper Gore

People with mental illnesses enrich our lives.
These people have experienced one of the major mental illnesses of schizophrenia, bipolar disorder or major depression.