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
Leo Tolstoy
Ernest Hemingway
Brian Wilson
Jane Pauley
Winston Churchill

Isaac Newton
Terry Bradshaw
Vincent Van Gogh
Beethoven
Demi Lovato
Jim Carrey
Lady Gaga
Justin Timberlake
J.K. Rowling
Richard Dreyfuss

People with mental illnesses enrich our lives.

These people have experienced a mental illness; schizophrenia, bipolar disorder, depression, eating disorder, obsessive compulsive disorder (OCD) or attention deficit hyperactivity disorder (ADHD).