

## Awareness of Mental Illnesses Reduces Stigma and Dispels Myths



**United Way**  
Central and Northern  
Vancouver Island

### **Puppet Plays Funded by United Way Donors Help to Demystify Mental Illness for School Children**

**Comments from school children in grades four, five and six after viewing a puppet play that provides information and insights about mental illnesses.**

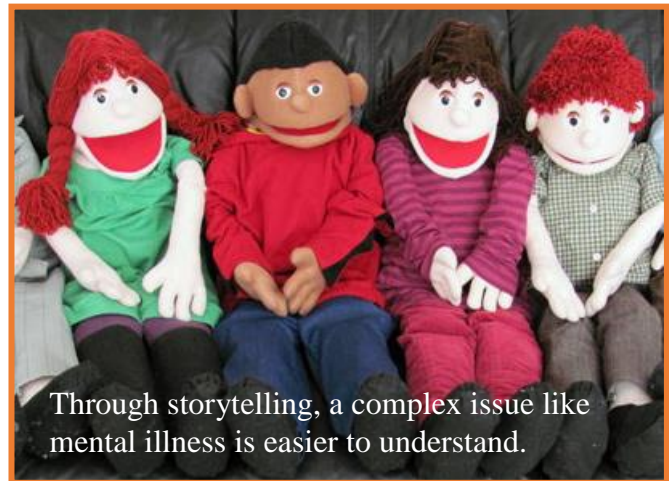
*“I think you guys did an amazing job today and I feel for all the people going through mental illness.”*

*“I appreciate that you guys came today.”*

*“Thank you for teaching us about mental illness.”*

*“I learned that it always helps to get help.”*

*“I really enjoyed the play and I learned a lot about mental illness from it. Thanks for coming. I appreciated the puppet show.”*



*“I really like how you got the message out through a play.”*

*“Thank you for coming. You taught me a lot about mental illness.”*

To donate to United Way and for more information about programs in our community, go to [www.uwcnavi.ca](http://www.uwcnavi.ca)