

Activity: Share Stories of Resilience

1. **Share staff success stories** (positive outcomes of their efforts with students, parents, or co-workers) regularly through internal communication tools already in place, at the start of staff meetings, etc.
2. **Share stories of past students** who presented challenges to staff and are currently doing well. When we run into these youth in our communities, ask them if you can share how they are doing with the school staff. They may love it, and your staff will love hearing it. Even if they did not know the student, they can transfer that hope to their current students. "I caught _____ doing well!"
3. **[Eliminatestigma.org](https://www.eliminatestigma.org) offers free, brief videos** of youth and adults talking about their mental health challenges and their path of recovery. Go to [Eliminatestigma.org](https://www.eliminatestigma.org) for youth, adult and parent stories.



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Recovery Stories

We work to reduce the stigma surrounding mental illness and addiction by illuminating the fact that recovery is possible. People can and do get better. Showing the positive impact of effective treatment on individuals' lives provides hope for others.

When those with mental health and substance use disorders choose to strategically share their experiences, it helps to bring mental illness out of the shadows of secrecy and reduces public and self-stigma.