



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.