





Robert Munsch – Author  
Bipolar Disorder



**“The ideas that have lighted my way have been kindness, beauty and truth.”**

**Albert Einstein**





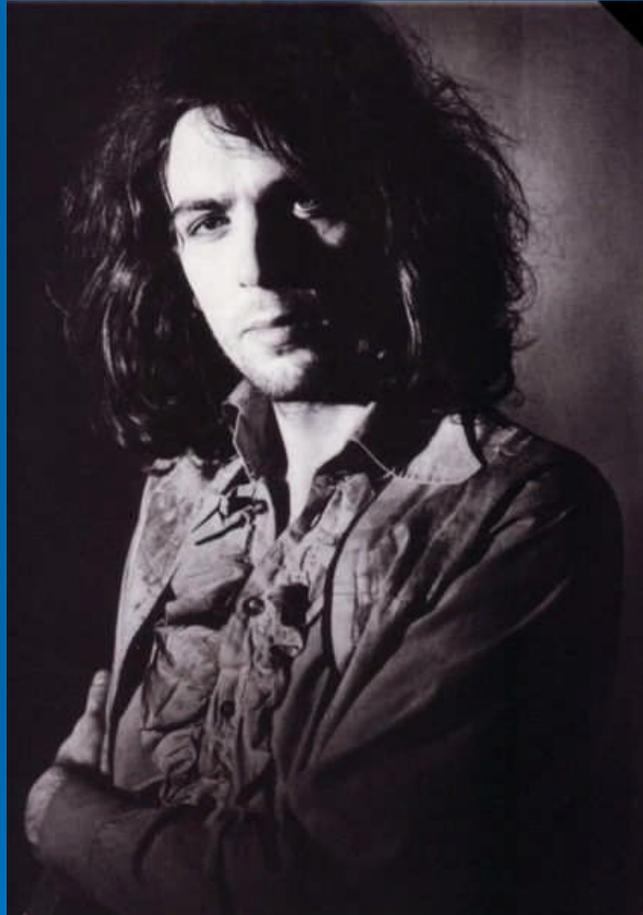
Robin Williams – Comedian  
Depression



**“The great aim of education is not  
knowledge, but action.”**

**Herbert Spencer  
(1820-1903)**





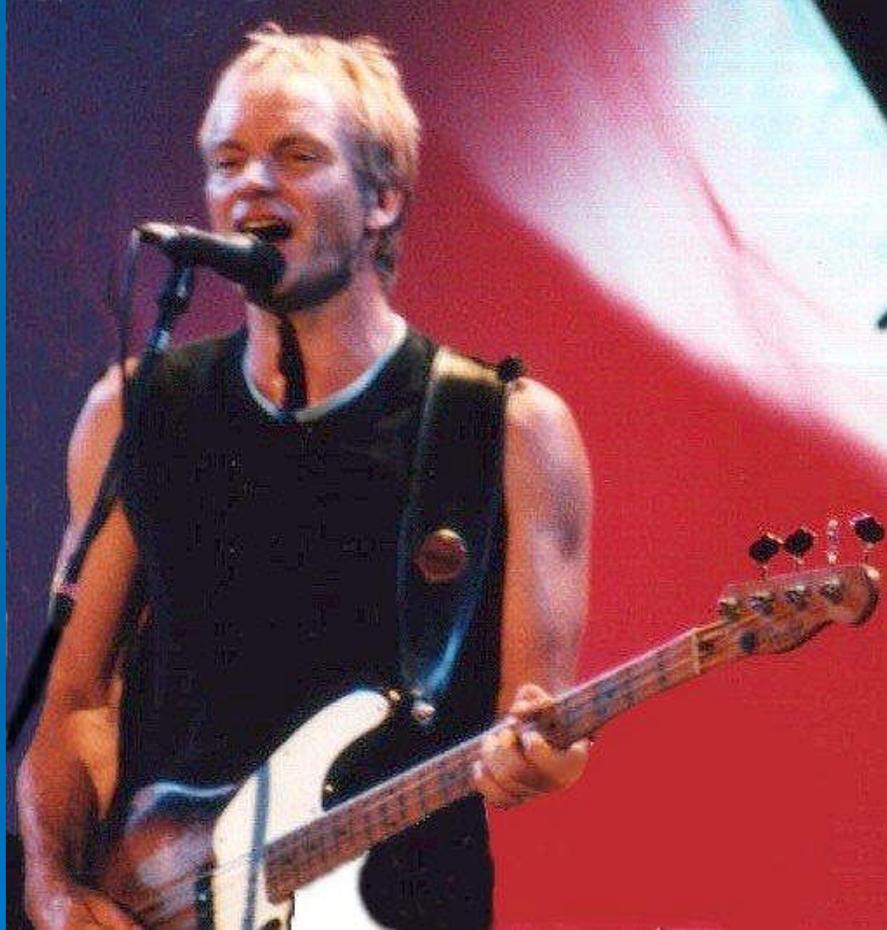
Syd Barrett – Musician, Pink Floyd  
Schizophrenia

STOPPING OUT  
Stigma  
Depression, Anxiety, Bipolar Disorder, Schizophrenia

**“Kind words can be short and easy to speak but their echoes are truly endless.”**

**Mother Teresa**





Sting – Musician  
Depression



“Things do not change; we change.”

Henry David Thoreau  
(1817-1862)





Drew Barrymore – Actress  
Depression

**STOPPING OUT**  
**Stigma**  
Depression Talking About Breaks and Recovery

**“Do your little bit of good where you are;  
it’s those little bits of good put together  
that overwhelm the world.”**

**Archbishop Desmond Tutu**





Marilyn Monroe – Actress  
Depression

**STOPPING OUT**  
**Stigma**  
Depression Talking About Breaks and Stigma

**“How wonderful it is that nobody need wait a single minute before starting to improve the world.”**

**Anne Frank**





Ludwig von Beethoven – Composer  
Bipolar Disorder



**“How far that little candle throws his  
beams! So shines a good deed in a  
weary world.”**

**William Shakespeare**





Marlon Brando – Actor  
Depression

**STOPPING OUT**  
**Stigma**  
Depression Talking About Brackets and Stigma

**“In Compassion lies the world’s true strength.”**

**Buddha**





Linda Hamilton, Actress  
Bipolar Disorder



**“The world is a dangerous place, not because of those who do evil, but because of those who look on and do nothing.”**

**Albert Einstein**





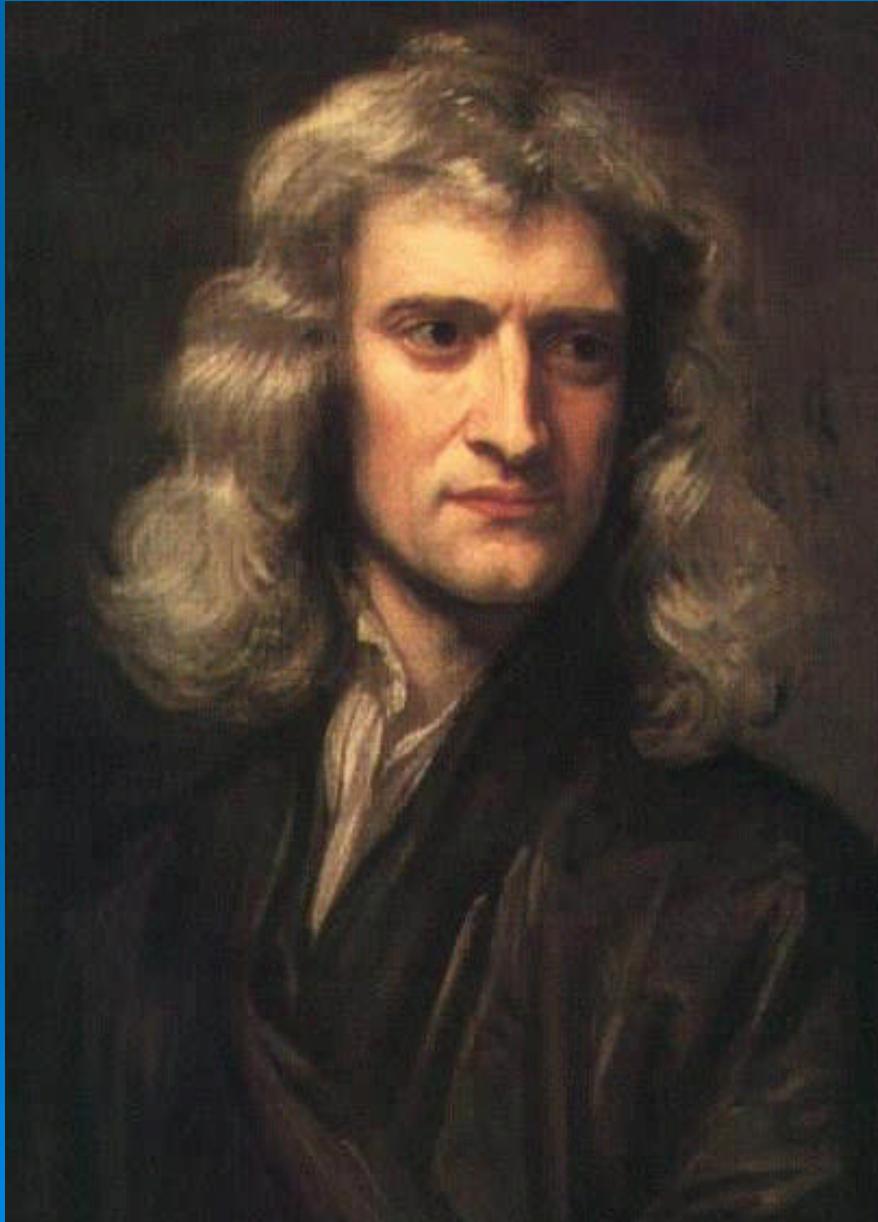
Janet Jackson – Singer  
Depression

**STOPPING OUT**  
**Stigma**  
Depression Talking About Breaks the Silence

**“Nurture our mind with great thoughts; to believe in the heroic makes heroes.”**

**Benjamin Disraeli  
(1804-1881)**





Sir Isaac Newton – Physicist  
Suspected Bipolar Disorder

**STOPPING OUT**  
**Stigma**  
Dignity. Empathy. Open Minds. No Stigma.

**“In prosperity our friends know us; in adversity we know our friends.”**

**John Churton Collins**





Ozzy Osborne – Rock Star  
Bipolar Disorder

**STOPPING OUT**  
**Stigma**  
Outcomes: Eliminating Stigma, Breaking Down Barriers

**“When you are kind to someone in trouble, you hope they’ll remember and be kind to someone else. And it’ll become like wildfire.”**

**Whoopi Goldberg**





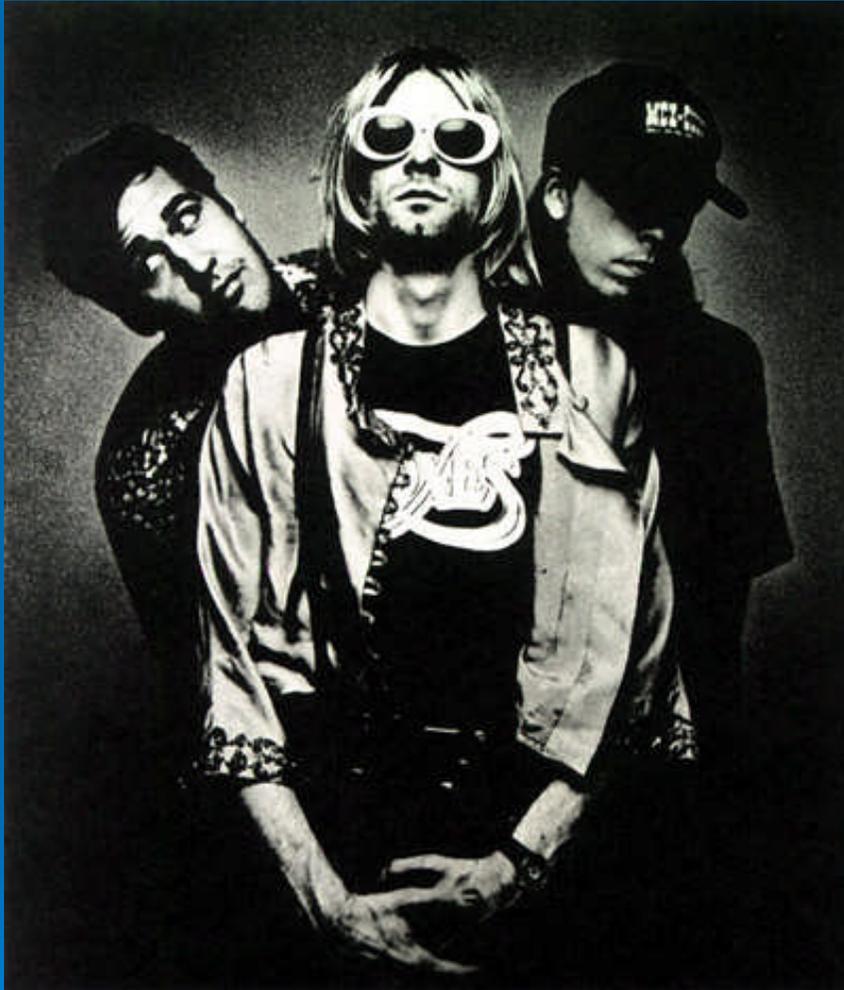
Dolly Parton – Singer  
Depression

**STOPPING OUT**  
**Stigma**  
Depression Talking About Breaks and Stigma

**“No act of kindness, no matter how small, is ever wasted.”**

**Aesop**  
**(620 BC-560 BC)**





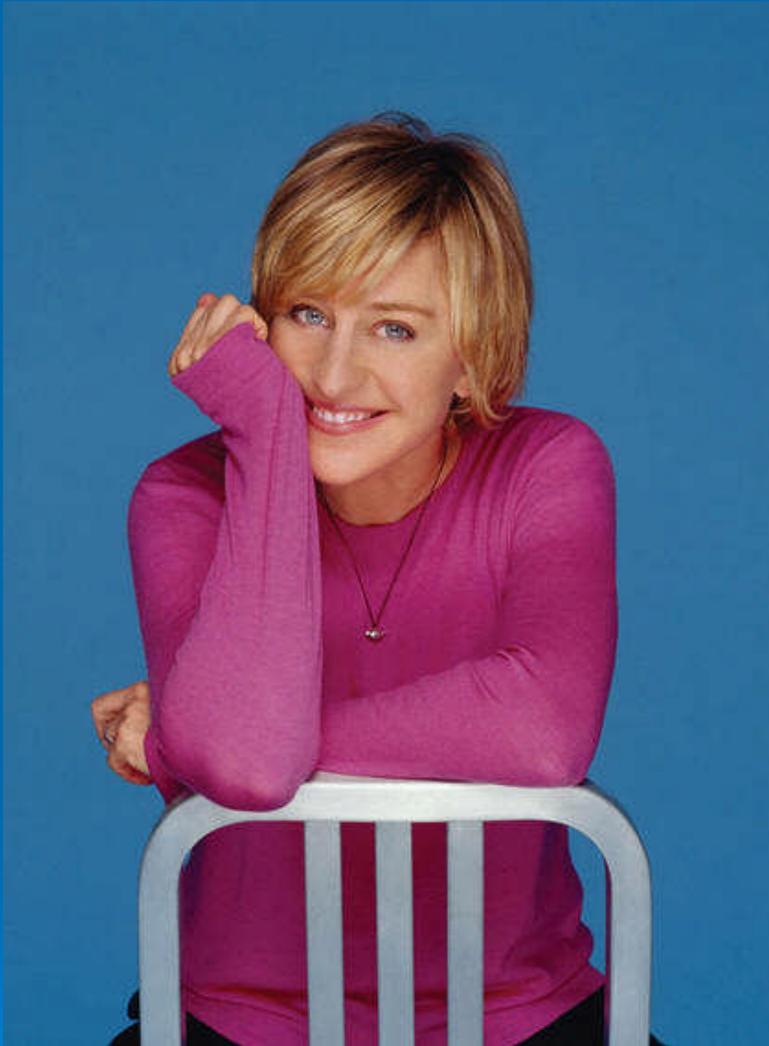
Kurt Cobain – Rock Star  
Depression

STOPPING OUT  
**Stigma**  
Depression Taking Over Beck's Life

**“We make a living by what we get, we  
make a life by what we give.”**

**Sir Winston Churchill  
(1874-1965)**





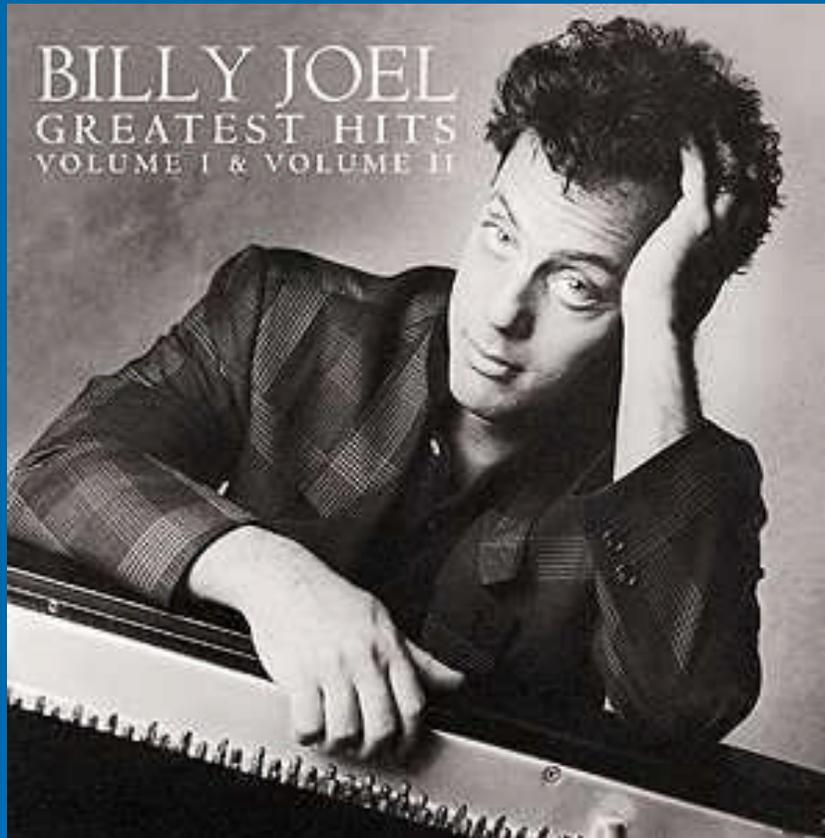
Ellen DeGeneres – Comedienne  
Depression



**“The secret of a good life is to have the right loyalties and hold them in the right scale of values.”**

**Norman Thomas (1884-1968)**





## Billy Joel – Musician Depression

**STOPPING OUT**  
**Stigma**  
Depression Taking Away Brakes of Creativity

**“Character is like a tree and reputation like its shadow. The shadow is what we think of it; the tree is the real thing.”**

**Abraham Lincoln  
(1809-1865)**





Jim Carrey – Actor, Comedian  
Depression



**“You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you.”**

**Dale Carnegie**





Sheryl Crow – Singer  
Depression

**STOPPING OUT**  
**Stigma**  
Depression Talking About Breaks The Stigma

**“They always say time changes things,  
but you actually have to change them  
yourself.”**

**Andy Warhol**





Drew Carey – Actor, Comedian  
Depression



**“Do not protect yourself by a fence, but  
rather by your friends.”**

**Czech Proverb**





## Eric Clapton– Musician Depression

**STOPPING OUT**  
**Stigma**  
Depression Talking About Breakup Pills & Suicide

**“The character of a man is known from  
his conversations.”**

**Menander  
(342 BC-292 BC)**





Damon Wayans – Actor, Comedian  
Depression

**STOPPING OUT**  
**Stigma**  
Depression Talking About Breaks The Stigma

**“When the character of a man is not clear  
to you, look at his friends.”**

**Japanese Proverb**





Rosie O'Donnell – Comedienne  
Depression



**“Personality can open doors, but only character can keep them open.”**

**Elmer G. Letterman**





Howie Mandel– Comedian, TV host  
Obsessive Compulsive Disorder



**“Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.”**

**William James  
(1842-1910)**





Peter Green – Guitarist, Fleetwood Mac  
Schizophrenia



**“Anger makes you smaller, while forgiveness forces you to grow beyond what you were.”**

**Cherie Carter-Scott**





John Nash – Mathematician, Nobel Prize Winner  
Schizophrenia



**“Forgiveness is almost a selfish act  
because of its immense benefits to the  
one who forgives.”**

**Lawana Blackwell**





Alanis Morissette – Musician  
Depression

**“A goal without a plan is just a wish.”**

**Antoine De Saint-Exupery**  
**(1900-1944)**





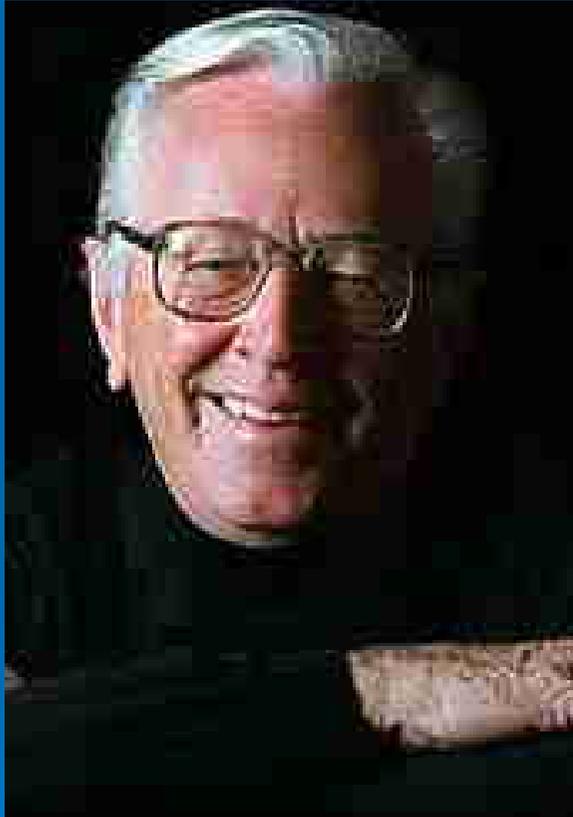
Karen Kain – Prima Ballerina  
Depression

**STOPPING OUT**  
**Stigma**  
Depression Talking About Breaks and Recovery

**“The person who makes a success of living is the one who sees his goal steadily and aims for it unswervingly. That is dedication.”**

**Cecil B. Demille  
(1881-1959)**





Charles Schulz, Cartoonist  
Depression



**“As soon as you trust yourself, you will  
know how to live.”**

**Johann Wolfgang von Goethe  
(1749-1832)**





Jackson Pollock, Artist  
Depression

**STOPPING OUT**  
**Stigma**  
Depression Talking About Bipolar Disorder

**“Be willing to have it so. Acceptance of what has happened is the first step to overcoming the consequences of any misfortune.”**

**William James**





Axl Rose, Musician  
Bipolar Disorder

**STOPPING OUT**  
**Stigma**  
Depression, Anxiety, Bipolar Disorder, Schizophrenia

**“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.”**

**Margaret Mead**

