



JOURNAL PAGE: DAY 12

MENTAL HEALTH

Use the spaces on the right side below to enter your answers and thoughts, and then save this document to your computer for future reference.

What was your “aha moment” (moment of surprise or new information)?

Does this information change your perspective?

How will you use what you learned today to create more equitable spaces?

How does the language you use every day perpetuate stigma around mental health?