

#standtogether

**STOP STIGMA**



train  
inspire  
change

# Stand Together is

an initiative that inspires and equips youth to take action against stigma associated with mental illness and substance use disorders.

Stand Together trains, inspires, and equips middle and high school students to take action against stigma towards mental illnesses and substance use disorders, increase social inclusion, and encourage peers to seek help.



**MURAL:**  
*No One is Alone*  
by the Stand Together  
team at Steel Valley  
High School



**BANNER:**  
Love is LOUDER than  
Mental Illness week,  
Steel Valley High School



**Meet and Greet Café**  
Propel Braddock High School



**Kindness Café**  
Steel Valley Middle School

# Testimonials

## School Project Advisors:

" Our project certainly brought more awareness to our school. All the projects started powerful conversations about mental illness and normalized mental health issues. Many members of the Stand Together team started this project with misconceptions about mental health and were able to learn for themselves and teach others. This project taught my students an immense amount of skills...next year, our school will pilot a mental health clinic at our school. We are very excited about this opportunity and hope to partner with this program for our Stand Together projects in the future."

- Max Morgans, Propel Braddock High School Advisor

## Students:

" Participating in Stand Together helped me to feel comfortable in my own skin, and made me feel like I could truly make a difference in the fight to end stigma."

- Riley, Grade 8

" The Stand Together project was a great success because it helped me learn about mental illness in an enjoyable way, I would recommend it to every school to do this project."

- Alendjrah, Grade 11

" Mental illness is extremely serious, and stigma is not fun. But, do you know what is fun? Everyone in our school standing together to stop stigma and making a positive impact on people with a mental illness."

- Stephanie, Grade 9

## Principals:

" The #standtogether project had a positive impact on the student body with its formative message. Our kids love it!"

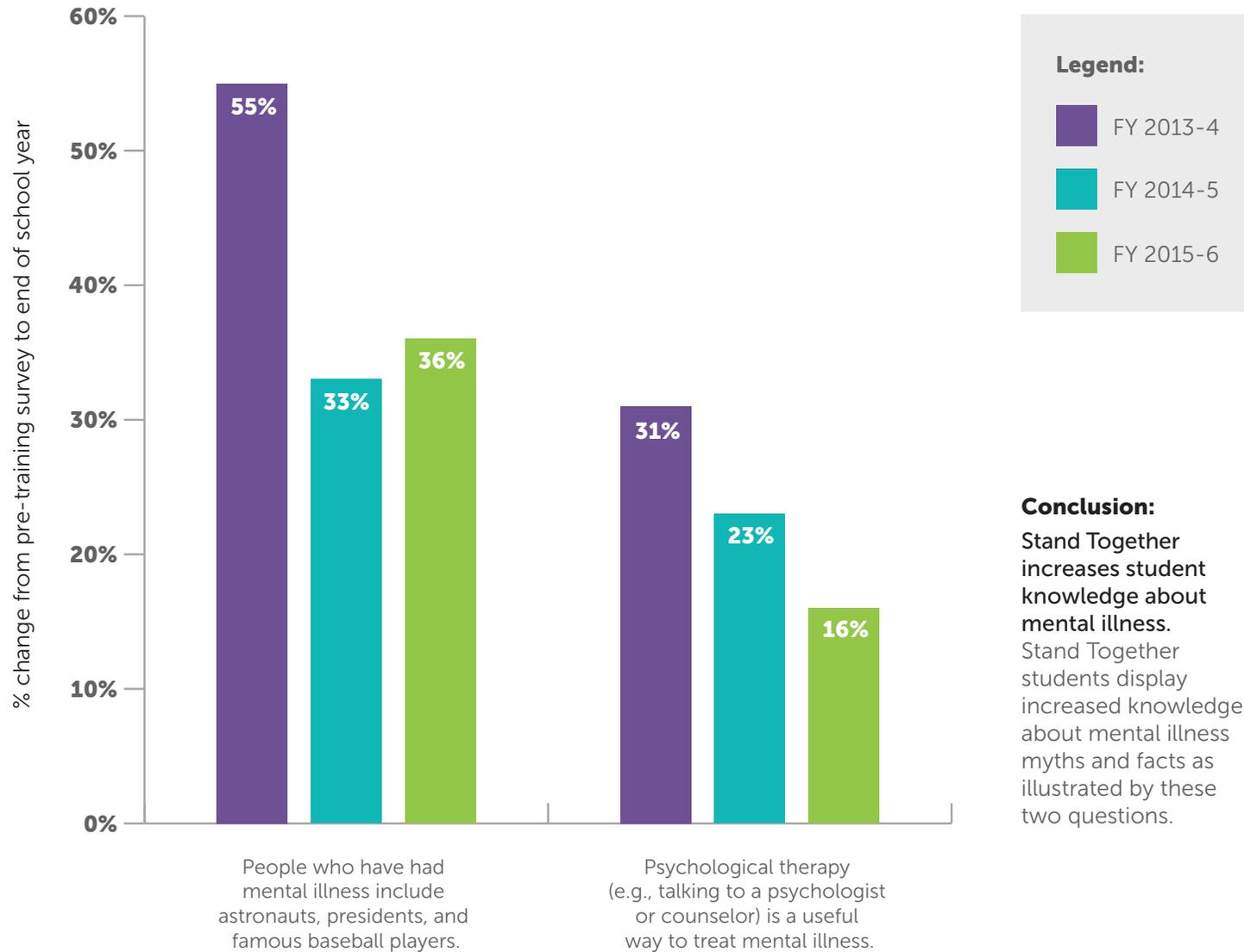
- Mr. Jason Olexa, Brentwood High School

Let's  
take a  
look at  
the  
data.



School Years 2013-14, 2014-15, 2015-16

### Where Stand Together Demonstrates the Most Positive Impact –Improvement in Knowledge



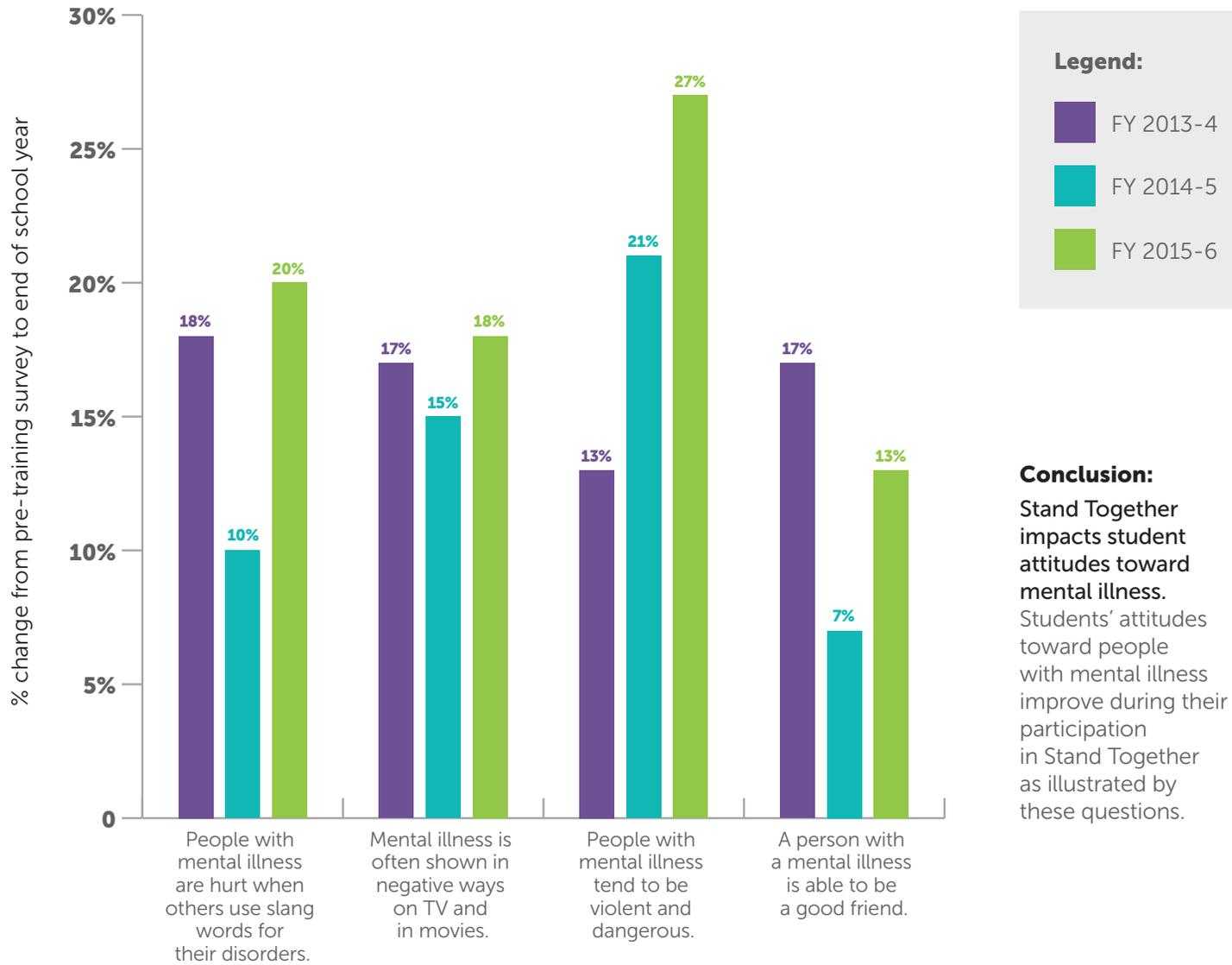
**Conclusion:**  
Stand Together increases student knowledge about mental illness. Stand Together students display increased knowledge about mental illness myths and facts as illustrated by these two questions.

Survey statements demonstrating the most positive change in knowledge



School Years 2013-14, 2014-15, 2015-16

### Where Stand Together Demonstrates the Most Positive Impact—Improvement in Attitude

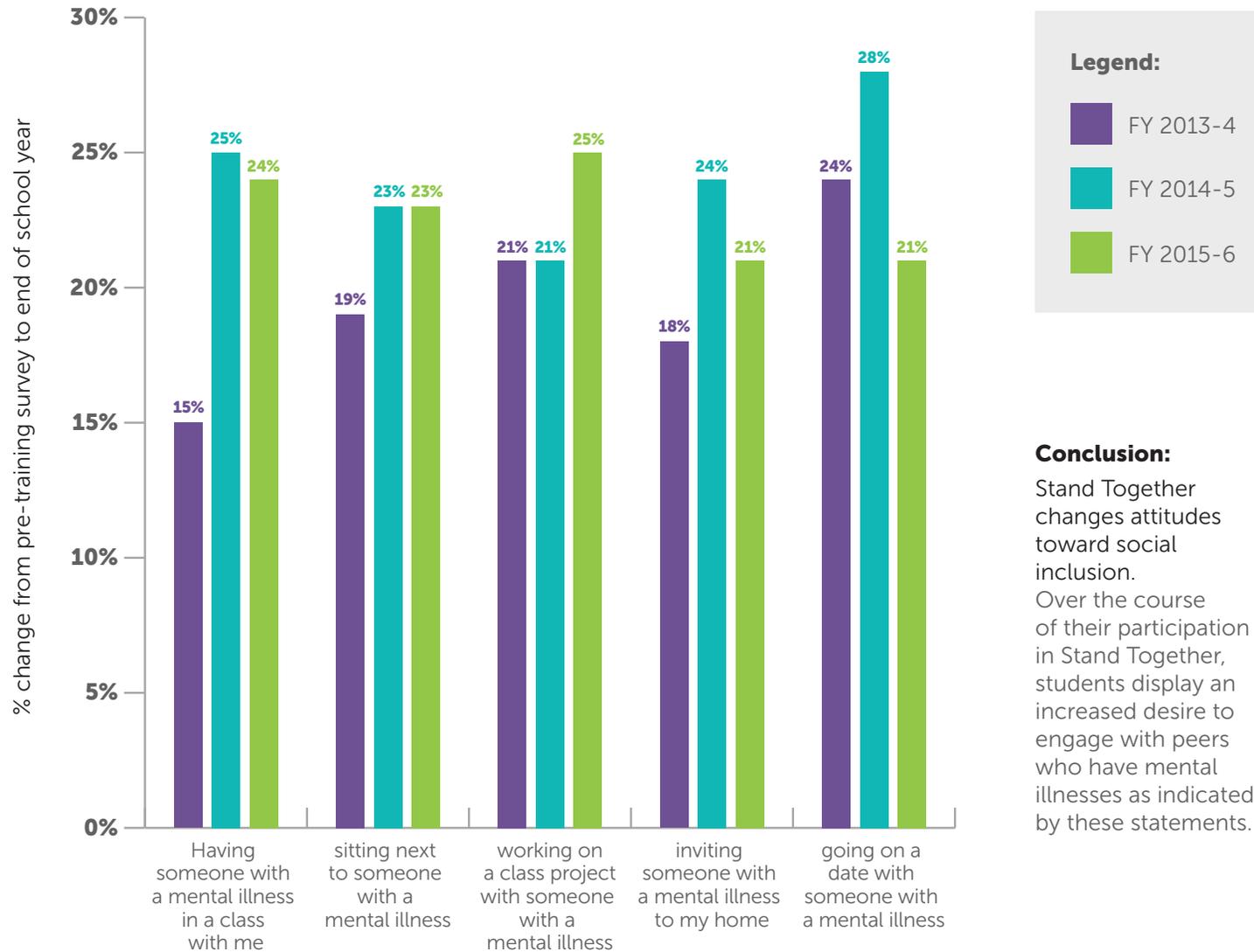


**Conclusion:**  
Stand Together impacts student attitudes toward mental illness. Students' attitudes toward people with mental illness improve during their participation in Stand Together as illustrated by these questions.

Survey statements demonstrating the most positive change in attitude

School Years 2013-14, 2014-15, 2015-16

### Where Stand Together Demonstrates the Most Positive Impact—Improvement in Social Inclusion



**Conclusion:**  
Stand Together changes attitudes toward social inclusion. Over the course of their participation in Stand Together, students display an increased desire to engage with peers who have mental illnesses as indicated by these statements.

Survey statements demonstrating the most positive change in social inclusion

# Learn more about Stand Together:

<http://standtogether.againststigma.org>

<https://vimeo.com/208513017>

