



STAMP  
OUT  
STIGMA

# The Three Rs

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## Recognize

We must first  
**recognize** the high  
prevalence of  
mental illness and  
substance use  
disorders

## Reeducate

Then **reeducate**  
ourselves, friends  
and family on the  
truths of mental  
illness and  
addiction

## Reduce

When we do  
this, we can  
**reduce the  
stigma.**