

No More Stigma!

Warning! The following article will be personal, and might persuade the reader to change his or her thoughts and actions. Side-effects may include the following: caring, loving and helping.

In our stereotyping world, there is a stigma on mentally ill people. We think mentally unstable humans are crazy and should not be acknowledged. However, some very notable persons had mental health issues.

Ludwig Van Beethoven is famous for his beautiful music. A little-known fact is this: Mr. Beethoven had bipolar disorder. Still, even though he was mentally ill, people know his name after 300 years and continue to enjoy his music.

One of our most famous presidents also experienced a mental illness. Abraham Lincoln was known to be very depressed, yet he is still well-known today and is taught about in classrooms as the president who ended slavery. Today Abraham Lincoln has his own memorial in Washington D. C.

Even the most decorated Olympian had ADHD, Attention Deficit Hyperactivity Disorder. In fifth grade Michael Phelps was diagnosed with ADHD, but that didn't stop him from swimming and breaking world records. This fact also didn't stop Americans from cheering for him at the Olympics.

The list can go on and on about famous accomplished mentally ill persons. The point is, people with mental disorders didn't choose to be the way they are. We shouldn't treat them like monsters or freaks. Next time you see someone with a mental disorder, say "Hi!" instead of thinking "Mental." Together we can stomp out this stigma!