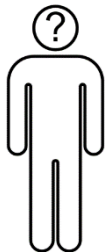## Putting it into action: I Can Figure Out Who They Are

Read **quotes** from research **participants** in Mental Health for All team's research study.

- Underline or <mark>highlight</mark> the **parts** of the quotes that could **give away** who the **participants are**.

- **How** can you **change** the **quotes** so **no one can figure out who** the **participants** are?

Participant quotes

- "I don't have anyone to talk to about my mental health at my group home, Crystal Springs. It is really hard to keep these things in my head."

- "When I used to talk to a therapist, I felt a lot less sad, but I don't get to talk to them anymore."

- "When I was a student in Ms. Bailey's class in 2015 and turning 22—my birthday is June 5!--I talked to Jamal at The Arc, they told me about getting therapy. I wish I had someone to talk to about my mental health."

- "I am really happy my friends Melissa and Paul from my job at the CVS on Main Street told me about getting a therapist. Talking to a professional helps me work through my tough emotions and makes me happier each day."

- "I am too busy at New Horizons and being the secretary of People First Chapel Hill to add another thing to my week."

- "I already see so many therapists every day, why do I need another?"