



# If You're Crazy and You Know It: Living with Mental Illness

*Johnna Russell*

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In the modern world, mental illness has been demystified in a lot of ways, but not for everyone. It is still difficult to know what to do when your support system is composed of people with varying beliefs, as strong as the beliefs they have in politics and religion, about mental illness. Meanwhile, there are people who have to live with it, cope with it, and try to understand it at the same time. Fortunately, this is doable, especially if you're crazy and you know it.

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