



Hello,

This week I want to discuss the stigma that surrounds people with mental illnesses, how we can overcome it, and what we can be doing to support those around us.

Stigma is discrimination against an individual or group based on some sort of difference (It really can be anything). Stigma can be as innocent as a misconception or as harsh as discrimination. Unfortunately, people with mental illness often face the challenges of stigma. Due to stigma, people with mental illnesses are less likely to seek treatment due to embarrassment and shame. This only reduces people's chances of recovery, furthering misconceptions about people with mental illnesses.

Watch This Video To Learn More!



Did You Know!?

Did you know that John Hopkins Medical Center has estimated that 26% of Americans have a diagnosable Mental Disorder?

Types of Mental Health Stigma



Public Stigma

This happens when the public endorses negative stereotypes and prejudices, **resulting in discrimination** against people with mental health conditions.

Self Stigma

Self-stigma happens when a person with mental illness or substance use disorder **internalizes public stigma**.

Perceived Stigma

Perceived stigma is the belief that others have negative cognitions about people with mental illness.

Label Avoidance

This is when a person chooses **not to seek** mental health treatment to avoid being assigned a stigmatizing label. Label avoidance is one of the most **harmful forms** of stigma.

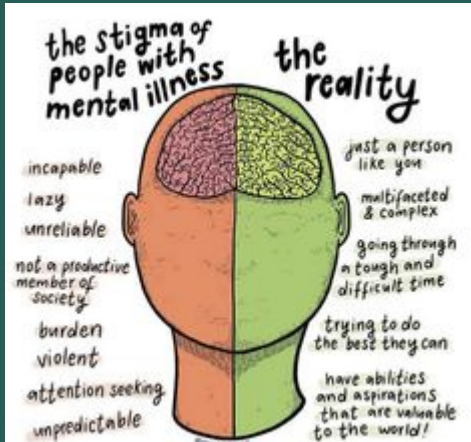
Stigma by Association

Stigma by association occurs when the effects of stigma are extended to someone linked to a person with mental health difficulties.

Health Practitioner Stigma

Institutional policies or other societal structures that result in decreased opportunities for people with mental illness.

Stigma vs Reality



- People with mental illnesses are lazy
 - People with mental illnesses are incompetent
 - Children can not have mental illnesses
 - People with mental illnesses are violent and unpredictable!
 - Mental illness is a character flaw
- Being lazy has nothing to do with mental illness
 - People with mental illness are just as competent as those who do not.
 - Nearly 5 million children in the US have a mental illness.
 - Anybody can be unpredictable regardless of diagnosis.
 - Mental illness has many contributors, none of which are character flaws.

How Can I Help?

There are countless ways to stomp out stigma, but I want to cover a few options I know we can all do in our own lives.

- 1.) Openly discuss mental health with others.
 - Have more open conversations and try not to avoid the topic when it comes up.
- 2.) Educate yourself and others.
 - Read some articles or journals about mental health.
 - Consult with co-workers or school counselors.
- 3.) Be aware of offensive language.
 - Avoid saying things like "Cocoo, Crazy, or Insane"
- 4.) Choose empowerment over shame
 - Own your life rather than feeling shameful of it.
- 5.) Encourage equality between physical and mental health
 - Mental disorders can be as harmful as physical disorders.
- 6.) Be aware of your misconceptions about mental health.
 - The best way to correct misconceptions is by being aware of them and challenging them.



Want to know more? Check out these resources.

- [Crisis Lifeline](#)
- [NAMI](#)
- [Mayo Clinic](#)



Contact Your Mental Health Navigator:

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