

BREAK THE STIGMA

Mental Health Month

STUDENT COUNSELLING UNIT

Mental Health Awareness Series October 2021

STIGMA AND MENTAL HEALTH



- Stigma is defined as a mark of disgrace associated with a particular circumstance, quality, or person.
- Stigmatization of mental illness leads to a decreased quality of life, missed opportunities, and lost independence for the affected individual.
- Stigmatization also determines if and when people will seek mental health care for themselves.

SOCIAL MEDIA AND AWARENESS



- Sharing posts and psychoeducating others is a small way in which we can support others and create awareness.
- Use the powerful tool of social media to create awareness.
- We can share, post, and discuss mental health to break the stigma.

RESOURCES



- **Student Counselling Unit (UP):**
studentcounselling@up.ac.za
- **UP Careline:** 0800 747 747
- **SADAG:** 0800 456 789
- **Lifeline:** 0861 322 322
- **FAMSA:** 011 975 7106

A COMMUNITY OF SUPPORT

CREATE A COMMUNITY OF CARE AND SUPPORT



- Listen to and support those in need by assisting a friend to access support services.
- Speak up and ask for help.



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA

Department of
Student Affairs

Departement Studentesake
Kgoro ya Merero ya Baithuti