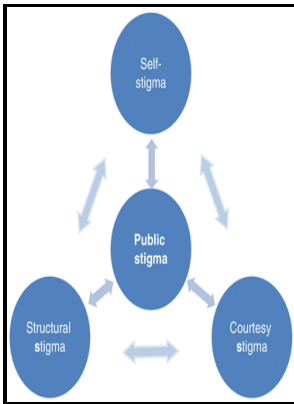


# Stigma.

## Redman - 6 Ways to Cope With Stigma



Description: -

-Stigma.

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Tags: #What #Is #Stigma?

### What Is Stigma?

When an infectious disease outbreak becomes a pandemic — as with coronavirus disease 2019 COVID-19 — people are understandably frightened and concerned. At the time of receiving the stigmata they are overwhelmed with emotions.

### Mental Health & Stigma

Whether you're in a wheelchair, obese, gay, bipolar, blind, or autistic, stigma is something you're fighting off every day.

### stigmata

Ask physicians and other medical personnel how they feel when someone with a mental illness is admitted to their care. Many of the over 46 million Americans who suffer from some may describe and define stigma using one of these words or phrases: hate, discrimination, prejudice, fear-inducing, humiliating, hurtful.

### Pledge to Be StigmaFree

Victims of leprosy were, for a long time, the terrifying anathema of society. One in 5 Americans is affected by mental health conditions.

### 6 Ways to Cope With Stigma

You might consider an assessment by an acupuncturist.

### 6 Ways to Cope With Stigma

Stigma is a big problem for people with mental health conditions. We all have some degree of freedom in positioning ourselves as one type of identity or another, regardless of how we are treated by others.

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