Notes on Stigma

Stigma: A mark of disgrace associated with a particular circumstance, quality, or person: "the stigma of mental disorder".

It is not uncommon for stigma to be attached to mental health difficulties. This causes people to feel embarrassed. Often, people with mental health difficulties worry that they will be teased or treated differently.

Stigma may be obvious and direct, such as someone making a negative remark about a mental health problem or assuming that someone would be dangerous because of a

Mental health diagnosis.

Impact of Stigma

• Not only impacts the person but their family as well.

• Can lead to isolation.

• Shame in acknowledging or admitting that one is experiencing emotional and personal issues.

How Stigma affects all of us

• People often avoid or delay medical care and treatment for their mental health

problem because of stigma and the fear others will see them as "weak" or "different".

• The negative reaction to mental illness can be as hard for people to deal with as the symptoms of the problem itself.

• Makes all of us uncomfortable to talk someone when we are having troubles.

What is one action that you can take to help eliminate stigma?

An action that I can take to help eliminate stigma is knowing the facts like knowing what and when to speak.