

BEHAVIORAL HEALTH WELLNESS SHORTS



Overcoming Mental Health Stigma

Whether it is done consciously or unconsciously, we all have bias and engage in stigmatizing behaviors toward other people. Many minority groups and protected classes are stereotyped due to stigmas on a daily basis. These stigmas can negatively impact mental wellbeing and can lead to a reluctance in seeking treatment or accepting help. In fact, 3 out of 4 people with mental health concerns reported experiencing stigma, and 1 out of 5 people reported that if they had depression they would not tell anyone.

So, what is mental health stigma? Mental health stigma is a mark of disgrace that labels people with mental health concerns as “other” or as a part of a stereotyped group, instead of on their own personal merit as an individual. These negative attitudes toward people can ultimately lead to discriminatory practices toward this group of people.

Discrimination



Stereotyping



Prejudice

= STIGMA

TYPES OF STIGMA

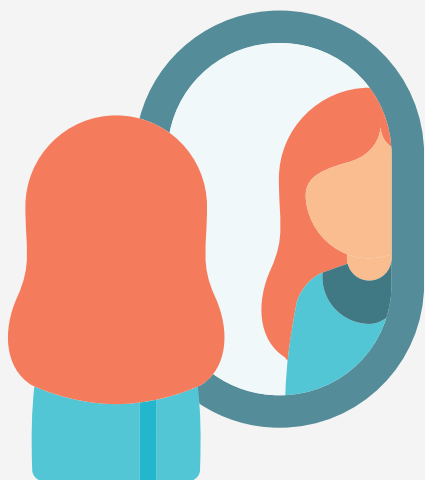
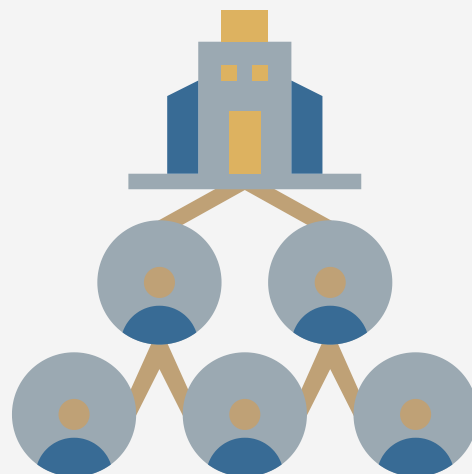


SOCIAL STIGMA

A judgment and attitude toward diverse groups around you, using negative labels in conversations, and discrimination and prejudice based on labels or stereotypes.

STRUCTURAL STIGMA

This is social stigma perpetuated by public and private agencies. Structural and unconscious or conscious acceptance of different treatment from first responders (healthcare professionals, police officers, customer service representatives etc...) to certain groups of people.



SELF STIGMA

Is an internalized stigma that diminishes your self-esteem, self-worth, and sense of belonging.

WAYS TO OVERCOME MENTAL HEALTH STIGMA



Educate yourself and others



Be conscious of the language you use when talking about yourself and other people



Openly meet and engage with people from diverse backgrounds



Seek treatment



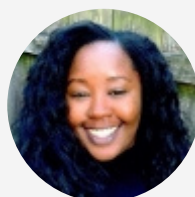
Encourage and advocate for equality and equity

QUICK TIP:

Stigma doesn't just come from other people, we can also fall victim to the belief that who we are is an embarrassment or a weakness. Empower yourself by:

1. **Joining support groups, or engaging in advocacy with like-minded individuals.**
2. **Being your authentic self.**
3. **Not isolating yourself.**

Brought to you by your Behavioral Health Advocates from Luzerne, Schuylkill, and Lackawanna Counties



Shanna



Katharine



Shay