

Break the Stigma!

What is Mental Health Stigma?

Public stigma is when the public involves negative or discriminatory attitudes towards persons with mental illness.

Self-stigma is when a person refers to their attitudes negatively, and internalize shame that people with mental illness blame themselves for their conditions

Institutional stigma is a systemic issue which involved policies or organizations that intentionally or unintentionally limit the opportunities of persons with mental illness

What are the effects of stigma?

- Reduced Hope
- Lower self-esteem
- Difficulties with social relationships
- Reduced likelihood of staying with treatment
- Difficulty at work
- Not approachable
- Isolation



How can we break the stigma?

- Talk openly about mental health
- Educate yourself and others
- Use appropriate language and be conscious of others
- Encourage equality between physical and mental health
- Show compassion
- Be openminded, & honest
- Don't harbor self-stigma

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