

De-Stigmatising mental illness



How might the way media portrays mental illness be a force for good? Justify your responses with suggestions.



How far is it true that the media currently fuels the stigma attached to mental illness?



What are some of the reasons people may not seek support for mental illness; what holds them back and why?

Instructions:

1) Write the title and date and underline with a ruler.

2) Read the progress questions

Write **start** = in your exercise book and then indicate which question you feel you could answer with your current knowledge.

Synonyms for mental illness-feedback

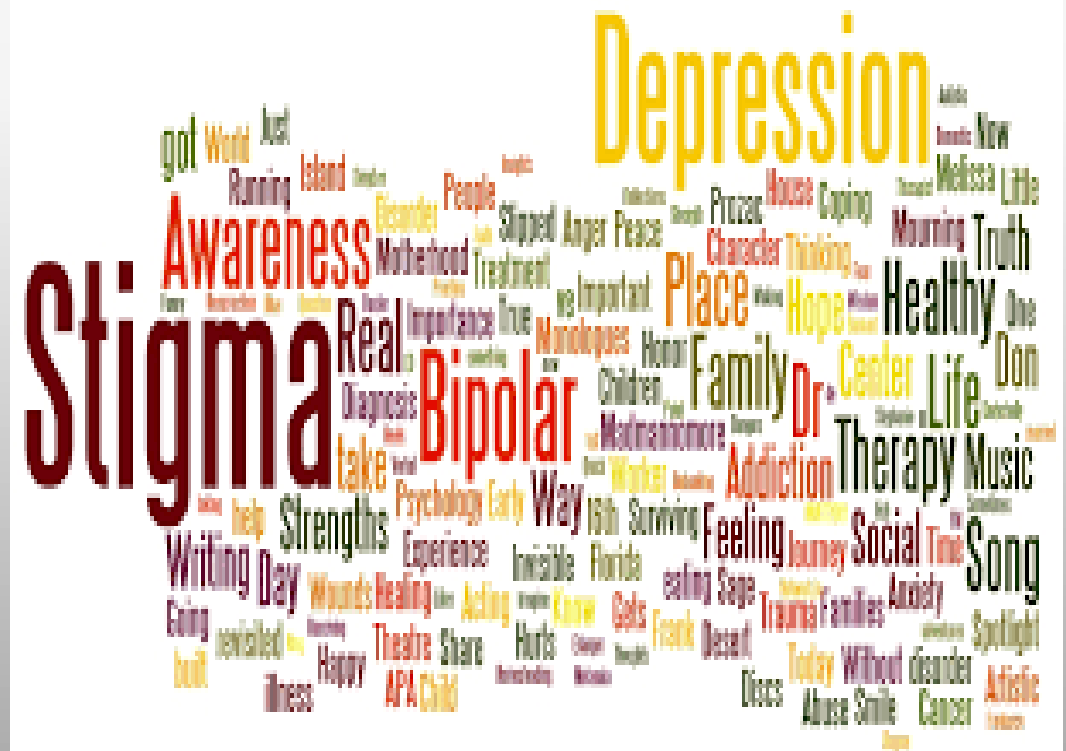
Copy this definition

For example:

insanity.
mental disorder.
personality disorder.
schizophrenia.
crack-up.
craziness.
delusions.
depression.
Nutjob

stigma
(noun)

1. a mark of disgrace associated with a particular circumstance, quality, or person.



Instructions: Note down the impacts of stigma



Why does stigma exist?



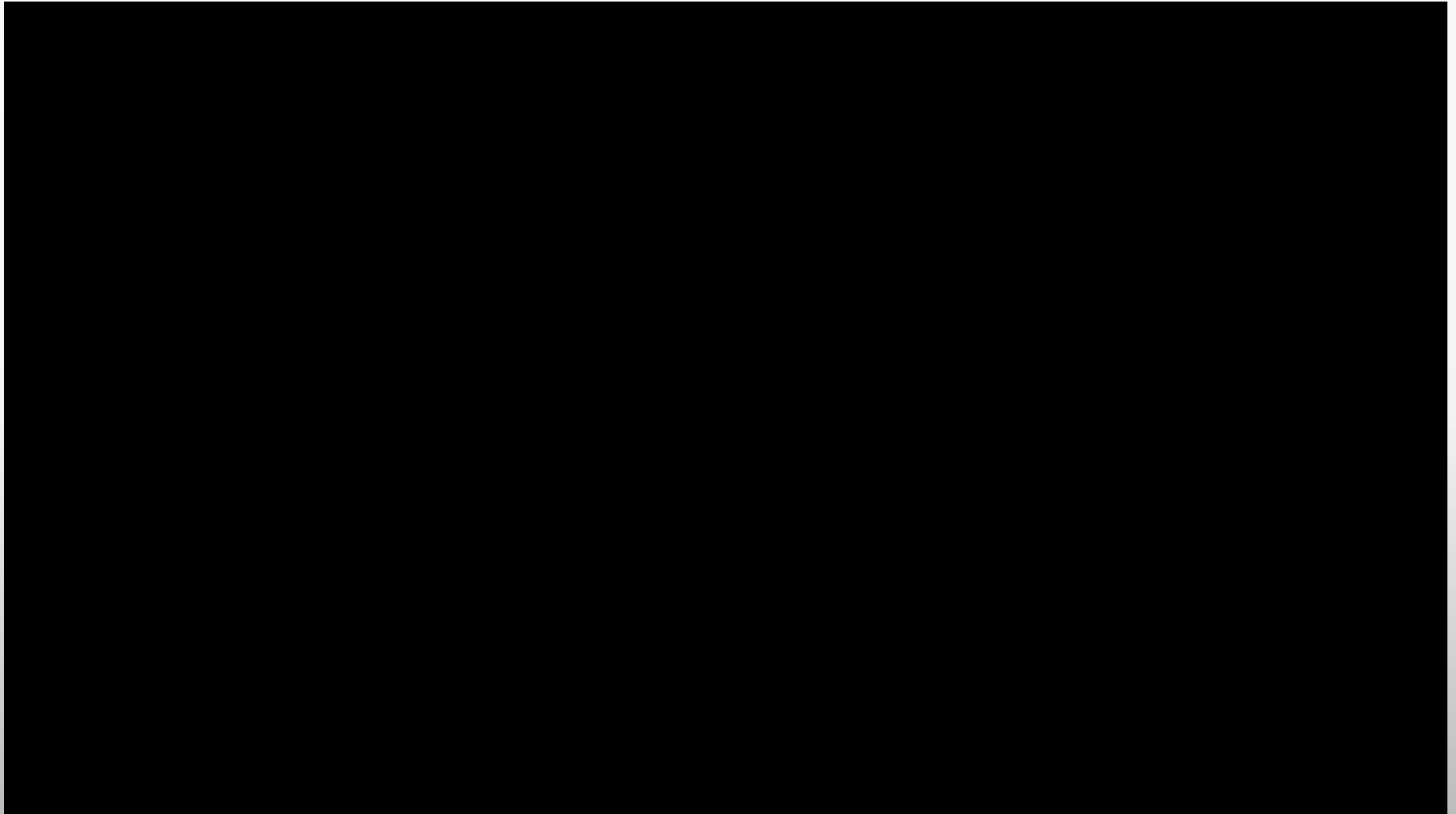
What part does the media play in reinforcing stigma?



Instructions:

1. Read and consider the above.
2. Discuss with a neighbour, ensuring you all participate and remain focused.
3. Be ready to share your ideas with the class when asked to by your teacher.

Where do they face stigma? Note them down



Instructions: Where do people experience stigma? What did you say

Self doubt

thinking that you
aren't really ill - you
are just making it
up

**Reluctant to
seek help**

because you fear
being told you are
not ill or ill enough



Mental health in the media: Add to your list



How does stigma affect people with mental illness?

- A person who is stigmatised may be **treated differently** and **excluded** from many things the rest of society takes for granted, leaving them marginalised.
- **They may become labelled by their illness, and so become vulnerable to prejudice and discrimination.**
- Dealing with the effects of **prejudice and discrimination** is distressing and can make mental illness worse. Many people say dealing with this is harder than dealing with mental illness itself.



How does stigma affect people with mental illness?

- People with mental illness may also take on board the prejudiced views held by others, which can affect their **self-esteem**. They may feel ashamed or embarrassed. This can lead them **to not seek treatment**, to **withdraw** from society, **to alcohol** and **drug abuse** or even to **suicide**.
- Stigma can lead people with mental illness to be discriminated against and miss out on employment or housing, be bullied, excluded from social groups, or become a victim of violence.
- Some cultures have an **inbuilt stigma against** mental health issues, and this can make it difficult for a person to seek and get help and may give rise to shame.



How do we deal with stigma?



Instructions:

1. Read and consider the above.
2. Discuss with a neighbour, ensuring you all participate and remain focused.
3. Be ready to share your ideas with the class when asked to by your teacher.
4. After the discussion make notes under the heading above explain how to tackle stigma

Dealing with stigma.

Don't avoid getting treatment

Don't let your fear of being labelled or discriminated against, stop you from seeking help and treatment.

Don't believe that you are your illness

Someone with a broken ankle is not a broken ankle — they are more than their illness. So are you.

If you have bipolar disorder, say 'I have bipolar disorder' rather than 'I'm bipolar'. If you convince yourself first that you're a person, not a walking illness, others will find it easier to see you that way too.

Don't take it personally

Most discrimination comes from people who don't understand or have little or no experience of mental illness. Try to consider it as their problem, not yours.

Use facts

Mental illness is common. It is not a sign of weakness. Learn some useful facts and figures, Tell people about it.



Dealing with Stigma

Don't defend negative stereotypes and misinformation

Set the record straight when you hear false or negative information. You can report examples of mental illness stigma you see in the media to SANE StigmaWatch.

Tell your story (if you want)

The more mental illness remains hidden, the more people think it must be something to be ashamed of. People speaking out can have a positive impact. You can choose how much you reveal about your life. When people get to know someone with mental illness it helps reduce stigma.

Join a support group

You may find it helpful to join a support group of one of the mental health organisations. It can be useful to meet others in the same situation, and support groups often have resources that may help educate family members and others about mental illness.



5 WAYS TO END MENTAL HEALTH STIGMA

Did you know up to **1 in 5 children** experience a mental health disorder and half don't receive the treatment they need? Together, we can support children and stop the negative stigma around mental health.



Educate yourself and your children about mental health



Share real-life examples of people with mental health disorders



Explain mental health has a range of symptoms



Listen to and support others with mental health concerns



Share stories of overcoming mental health disorders



MENTAL HEALTH
DOES NOT
HAVE TO BE SCARY

Mental Health

Destigmatize



Don't say someone is "crazy"

Don't use mental illnesses in colloquial speech (i.e. "he is so OCD")

Don't say "I'm so depressed" or "I had a panic attack" if untrue

Don't use terminology for death casually (i.e. die, kill myself/yourself, etc.)

Don't undermine or put down mental illness treatment such as therapy, counseling, coping skills

Don't negatively refer to psychological medications



Say "mentally ill"

Use mental illness terms only when intending to discuss diagnosed mental illness

Say "sad" or "nervous" instead of actual mental illnesses or symptoms

Only use this terminology if you are truly struggling. Avoid using suicide as colloquial language

Regard mental health resources as positive and useful

Understand and respect psychological medications as beneficial and necessary to some

Use **STOP** to recognize mental health stigma

1/2

Does the attitude or action:

- S**tereotype people with mental health conditions (that is, assumes they are all alike rather than individuals)?
- T**rivialize or belittles people with mental health conditions and/or the condition itself?
- O**ffend people with mental health conditions by insulting them?
- P**atronize people with mental health conditions by treating them as if they were not as good as other people?

Graphic from CMHA | @what.is.mental.illness

5 WAYS TO END MENTAL HEALTH STIGMA

@RIPHESTIGMA



What would you suggest to
The head teacher to improve
The mental health of students
and staff?

Be ready to feedback



Progress Review



How might the way media portrays mental illness be a force for good? Justify your responses with suggestions.



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