

# How patients and carers can help challenge and deal with stigma and discrimination in mental health



# What we'll talk about....

- \* Some of the negative words used to describe individuals with mental ill-health and why these are wrong and hurtful
- \* What 'stigma' and 'discrimination' mean and the effect stigma has
- \* When, how and where we have faced mental health stigma and discrimination
- \* Supporting people with their mental health – talking about ways of challenging reduce stigma and discrimination



# Words used to describe mental ill- health





Sticks and stones may break my bones, but words can also hurt me.

Stones and sticks break only skin, while words are ghosts that haunt me.

Slant and curved the word-swords fall, it pierces and sticks inside me.

Bats and bricks may ache through bones, but words can mortify me.

Pain from words has left its' scar, on mind and hear that's tender.

Cuts and bruises have not healed, it's words that I remember.

[Ruby Redfort](#)

# What does stigma feel like?

- \* Activity
- \* This activity is aimed to help you learn what it can feel like to experience stigma





**Using negative  
words/ descriptions**

**Bullying**

## **What is stigma?**

**Attitudes**

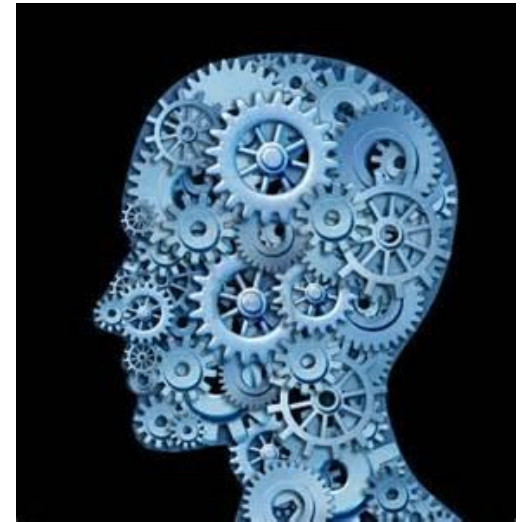
**Name calling**

**‘Perception that a certain attribute makes a person unacceptably different from others, leading to prejudice and discrimination against them’.**

# Activity

## Group activity- stigma

- \* 1.How and where have you experienced mental health stigma and discrimination?
- \* 2.What would you like to change if possible?



# Who do we need to talk to and why.....?

1 in 4 people are affected by a mental health problem at any given time

- \* We need to reach the 3 in 4 who haven't experienced a mental health problems – who may stigmatise.
- \* To reduce the fear and awkwardness - patients and carers can tell their stories., what being mentally ill is really all about.





# The challenge.....

- \* We all have mental health – just as we all have physical health
- \* (The mental health continuum)
- \* All of us knows someone with a mental health problem



# What can you do to challenge stigma and discrimination?

- \* Being more open about mental health , spread the word
- \* Share your experiences , you could be a champion at work
- \* Start conversations about mental health well being- encourage those 3 in 4 people to talk about their mental health
- \* Lobby, campaign
- \* Break down the barriers, raise awareness at work

**TALK**  
ABOUT YOUR  
**MENTAL**  
HEALTH  
**PROBLEM**



**KEEP  
TALKING  
ABOUT  
MENTAL  
HEALTH**