



## Mental Health and Stigma



WELLNESS • RECOVERY • RESILIENCE

**Mental Health** is a state of emotional and psychological well-being, in which the person is able to make use of his emotional abilities. Good mental health gives us the ability to live in a physical, mental, and spiritual balance.

**Stigma and Discrimination** affect the human rights of people with mental health problems and their quality of life. Stigma refers to attitudes and beliefs that motivate people to feel fear, reject or avoid the person who acts or is seen as different, and is labeled because she has a diagnosis of a mental illness.

**Discrimination** exists when people act on their feelings of rejection and discomfort in the face of mental illness, and deprive these people of their rights and opportunities in life, limiting them in their civic lives, housing, employment, and education.

**Stigma by Association** the belief or attitude that the family is responsible for mental illness

### **What Can We Do to Eliminate Stigma and Discrimination?**

- Promote education in the community
- Educate those who use negative labels or stereotypes to describe someone with mental health illness when it occurs.
- We should eliminate false ideas to end negative biases.
- Explain that problems with mental Health illness are common and that treatment(s) exist to alleviate the symptoms.



**Emergency & Non-Emergency Helpline. Operates 24 hours a day 7 days a week**

**Call: 1800-854- 7771 TDD/TTY: 562-651-2549**