



Mental Health Stigma

**MARLANT Social & Mental Wellbeing Working Group & Health
Promotion Services
2017**



Mental Health & Stigma Facts

Canadian Mental Health Association:

- 1 in 5 Canadians will experience a mental health or addiction problem in any given year
- 42% of Canadians are unsure whether they would socialize with a friend who has a mental illness

Canadian Medical Association:

- 2 in 3 people suffer in silence in fear of judgment and rejection
- 27% of Canadians are fearful of being around people who suffer from serious mental illness



What is Stigma?



Stigma is negative and unfavourable attitudes based on:

- Bias/prejudice
- Distrust
- Fear
- Stereotyping
- Ignorance

Results of Stigma

Negative behaviours resulting from stigma:

- Discrimination
- Gossip
- Anger
- Embarrassment
- Avoidance
- Jokes
- Verbal abuse

Consequences of Stigma

- People do not seek help
- Social isolation
- Impact on career
- Low self-worth and hopelessness
- Impact on families
- Potential risk for suicide



Brainstorm

How can we contribute to creating a better work environment with fewer stigmas?



Summary

- Stigma is the result of negative and biased attitudes toward those facing mental health challenges.
- Stigma can create a major barrier for individuals seeking help for mental health challenges.

Resources

Health Promotion Services: CFB Halifax and Region

902-722-4956

CF Member Assistance Program

1-800-268-7708

Psychosocial Services (Social Work)

902-721-8607

Addiction Prevention & Treatment Program

902-721-8600

