

Topic: Mental Health Stigma

Key Messages: Stigma can create a major barrier for people seeking help when dealing with mental health issues. It is important to work on reducing stigma in the work place.

SLIDE	INFO	NOTES, AIDS, TIME
Slide 1	<p>Introduction: Good morning / afternoon, my name is _____ and this is a briefing on mental health stigma in the workplace.</p>	1 min
Slide 2	<p>Mental Health & Stigma Facts: Facts from the Canadian Mental Health Association:</p> <ul style="list-style-type: none"> • 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. <p>Facts from the Canadian Medical Association:</p> <ul style="list-style-type: none"> • 2 in 3 people suffer from mental illness in silence due to fear of judgment and rejection. • 27% of Canadians are fearful of being around people who suffer from serious mental illness. 	1 min
Slide 3	<p>What is stigma? Stigma is created by people having biased and unfavourable attitudes towards those facing mental health challenges based on biases, prejudice, distrust, fear, stereotyping, and ignorance.</p>	1 min
Slide 4	<p>Negative behaviours resulting from stigma: Many negative behaviours can result from stigma. These behaviours can include discrimination, gossip, anger, embarrassment, avoidance, jokes, and verbal abuse.</p>	1 min
Slide 5	<p>Consequences of Stigma:</p> <ul style="list-style-type: none"> • People do not seek personal or professional help, which can lead to the problem worsening • Social isolation – the individual may stop going out or attend fewer social events, or always leave early (this behaviour is out of their ordinary social behaviour) • Impact on career – the individual may become under-employed • Low self-worth and/or hopelessness • Impact on families – they may receive stigma by association • All of these factors can result in a higher potential risk for suicide 	2 min

<p>Slide 6</p>	<p>Brainstorm: How can we contribute to creating a better environment with fewer stigmas? Examples:</p> <ul style="list-style-type: none"> • Do not make assumptions • Be aware of your attitudes and behaviour • Choose your words carefully • Educate yourself and others • Become involved with charities and/or organizations that are focused on mental health education and reducing stigma • Support people and ask people how they want to be supported • Include everyone • Model asking for help as a sign of strength • Respect others' employment limitations • Take a stand against behaviours that perpetuate stigma • Respect privacy and confidentiality • Support the local efforts of your CAF/DND Mental Health and Health Promotion Services teams by asking your Chain of Command to include them as part of Unit training days • Interject when you hear false rumours/gossip • Explore your thoughts and behaviours – ask yourself, “Why do I react/feel this way?” • Put yourself in someone else’s shoes; show empathy 	<p>2 min</p>
<p>Slide 7</p>	<p>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.</p>	<p>1 min</p>

Resources:

Health Promotion Services (PSP) - 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