

Fighting the stigma of mental illness

Mental health statistics

- About 1 in 5 Americans will experience a diagnosable mental disorder in any given year
- 19 million American adults have a substance use disorder¹
- Close to 9.5% of Americans ages 18 and over will suffer from a depressive illness each year²

¹<https://www.mhanational.org/issues/state-mental-health-America>

Mental health in the workplace

- 60% of Americans with a mental disorder do not seek treatment
- Mental health disorders account for one of the top causes of disability²
- Half of U.S. employers are reluctant to hire someone with a past psychiatric history or someone currently in treatment for depression
- Mental illness has the highest rates of unemployment of all disabilities

²<https://www.hopkinsmedicine.org/health/wellness-and-prevention/mental-health-disorder-statistics>

What is stigma?

Stigma is a cluster of negative attitudes and beliefs that motivate the public to fear, reject, avoid and discriminate against people with mental illness. Stigma attempts to label a particular group of people as less worthy of respect than others.

How stigma affects people with mental illness

People don't choose to have a mental illness. And yet, people often feel shame and guilt over their mental health condition. The message from our culture that mental illness is something to hide, can make mental illness worse, not better. Here are some other impacts:

- Refusal of help
- Denial of a problem
- Suffering in silence
- Lying to employers

How you can fight stigma

It's important that we all do our part to reduce stigma. Consider these tips:

- Use respectful language
- Train staff about diversity and mental health issues
- Foster an open work environment
- Become an advocate
- Teach others about mental illness

What is one thing you can do to help fight stigma?

Programs and resources for fighting stigma

- Stamp out Stigma campaign - www.stampoutstigma.com
- Bring Change to Mind - <https://bringchange2mind.org/>
- Community and school-based initiatives
- Greater visibility in media
- NAMI walks and community fundraisers - <https://www.namiwalks.org/>
- Employee assistance program
- StigmaBusters - <https://nami.org/Home>
- Make It OK – <https://makeitok.org/>
- No Stigmas - <https://www.nostigmas.org/>
- Help Guide - <https://www.helpguide.org/>

The EAP is administered by Resources For Living, LLC.

This material is for informational purposes only. It contains only a partial, general description of programs and services and does not constitute a contract. Information is believed to be accurate as of the production date; however, it is subject to change.

©2020 Resources For Living

AMHA140001