Mental Health Stigma

What is mental health stigma?

Stigma is the negative attitude around mental health which can result in people with a mental health problem or illness experiencing discrimination.

Read on to learn 5 ways you can tackle the stigma around mental health.

Don't define a person by their mental health

For example, use a person 'living with' or 'experiencing' depression.

Be direct and compassionate

Show empathy through honest and meaningful conversations.

Respect and follow others

Mirror the language others use to describe their own mental health experiences.

Use language inclusive to all

By using inclusive language, everyone can be involved in the conversation about mental health.

Ask others if they want to talk and how

Others may not want to talk about their mental health. If they do, ask how they would like to talk about their experiences.