

# MENTAL HEALTH STIGMA

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University Counseling Center

August 25, 2015

# WORD ASSOCIATION GAME

- Take out a piece of paper.
  - Fold it into eighths.
  - I'm going to say a word. You will have 20 seconds to write everything you associate with that word.
  - Let's begin!
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# MENTAL HEALTH CONTINUUM



Positive well being    Elevated Stress    Less Severe Disorders    Severe/Persistent Disorders

- Example: Depression versus Leg Injury
- How is this different or similar to physical health?
- Mental health IS health!

# STIGMA IS...

- According to the 2003 President's New Freedom Commission on Mental Health, stigma refers to a cluster of negative attitudes and beliefs that motivate the general public to fear, reject, avoid, and discriminate against people with mental illness.

# “WELL, I DON'T KNOW ANYONE WHO 'DISCRIMINATES' AGAINST MENTAL HEALTH”

- Microaggressions:
  - A microaggression is a brief and commonplace daily verbal, behavioral, or environmental indignity, whether intentional or unintentional, that communicates a hostile, derogatory, or negative slight or insult toward people of non-dominant identities.
  - Often frequently used and seemingly harmless to the microaggressor, but are revealing about attitudes about the one targeted in the microaggression.
  - They promote discrimination and prejudices against the group, and are harmful to the group.

FOR EXAMPLE...

PLEASE DON'T JUDGE ME!

ROADS THEY PAUL STROM  
AND I GIVE THEM BY HANG  
HARSH - THE DONTS BLASTLY  
MADE BY QUINCY - "SHUTTERING  
"WHICH IS IT MEANT BY METALLIC  
"SOUTH BY THE ANNE" BY THE PERS  
RELLER BY THE ANNE - "PSYCHO  
BY WILLIE MCDONALD'S GUN  
"INSTITUTIONALIZED" BY GARIBOLDI  
TERMINATED - "BLOOD IN THE BRASS"  
BY ANDREW - "THE GOING FORWARD"  
MINNELL - "SANDY GONE AWAY" BY  
"BLIND WILLIE NOLA - "TALKING TO HEAVEN" BY  
"FINDINGS OF THE UNITED STATES BY  
"SHEEP" BY THE ROLLER PHONE - "DESTINY  
BY THE ANNE - "HEAVEN POLICE" BY GALEA  
"SCHOONING POLICE" BY PUSSELL OF AGENT  
"LORDSHIP" BY THE BARON - "PREVALE  
BY KATHLEEN - "LINDSEY BY RANDOLPH TRINITY  
"LARGE OF SANITY" BY METALLICA  
"ALL IN THE HEAD" BY GREN GAY - "HEAVY  
REMEMBER - "YOU MAY BE  
RIGHT" BILL JOEL -  
"MENTAL HEALTH  
SHEPARD

LOONEY BIN  
YOU CANNOT TREAT SCHIZOPHRENIA  
MENTAL ILLNESS REDUCES YOUR INTELLIGENCE

IT'S ALL IN  
YOUR HEAD  
GET OVER IT!

ONLY  
QUITTERS  
ATTEMPT  
SUICIDE  
YOU SHOULD BE  
ASHAMED  
OF YOURSELF

STRAIGHT JACKETS ARE MEANT TO PROTECT  
US FROM THE CRIMINALLY  
INSANE  
HOW BAD  
COULD  
IT BE?

THEY'RE COMING  
TO TAKE YOU AWAY

# CRAZY SCHIZO

YOU'RE MENTALLY ILL  
NOT PHYSICALLY ILL  
THERE'S A DIFFERENCE

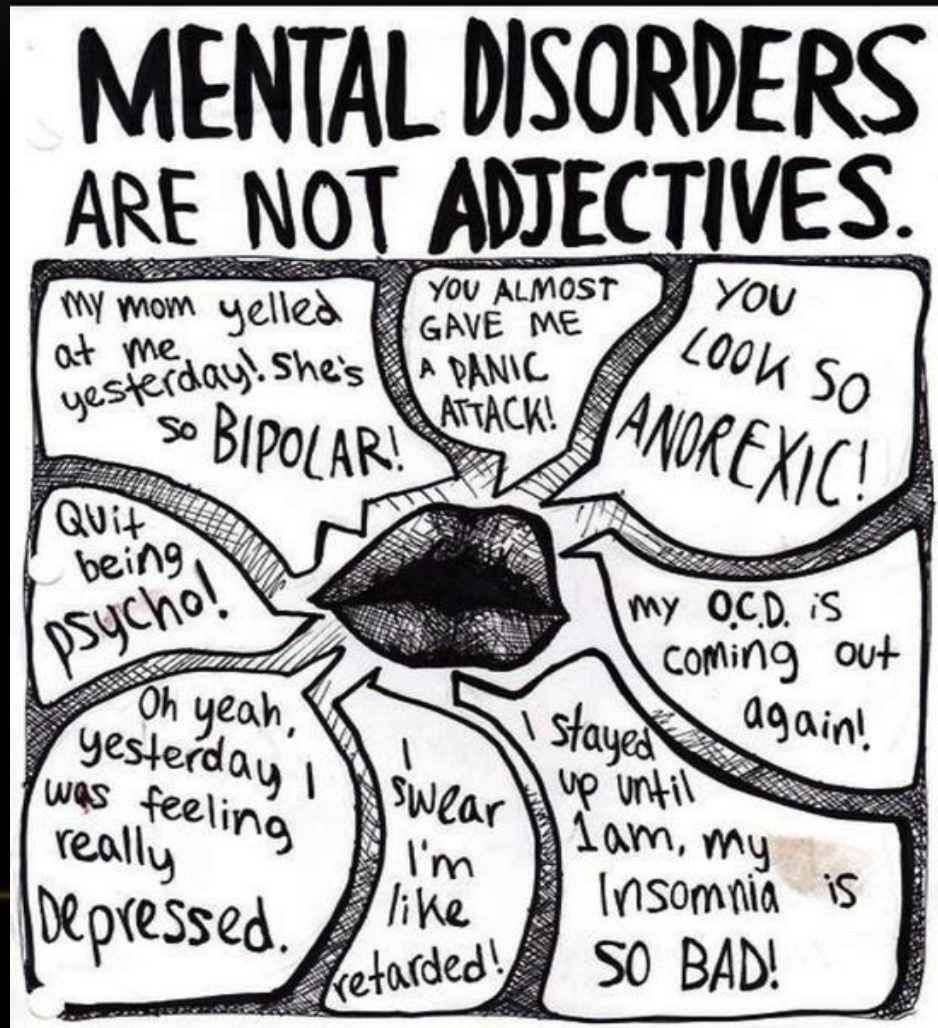
LOCK HIM UP  
HE'S OUT OF HIS MIND

# PSYCHO

YOU'D  
NEVER SAY,  
"IT'S JUST  
CANCER,  
GET OVER IT."

So why do some say that about depression?

# A DIFFERENT KIND OF EXAMPLE...





# WHAT ARE THE COMMON MISCONCEPTIONS?

- Around the World of Mental Health Activity
- Walk around the room and write the most common stereotypes of the posted diagnoses.

# WHY DO YOU THINK THESE THINGS ARE PROBLEMATIC?

- They discourage people from seeking the help they need.
  - They silence people who have mental health disorders and induce feelings of worthlessness and shame.
  - They keep our campus from having helpful and insightful decisions about mental health which could improve, and even save lives.
  - It makes mental health seem less important than physical health, when in fact, both are necessary for wellness, and influence one another.
  - They create another barrier between people on campus.
  - What if it was your close friend or family member? What if they didn't get the help they needed and things went badly?
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# SO WHAT CAN YOU DO?

- Speak up when you hear others using Microaggressions.
  - Show concern for others when they are feeling down; practice empathy.
  - Advocate for others that may struggle with mental illness.
  - Check your own use of language.
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