

Mental Health Stigma

A dark blue diagonal gradient bar that starts from the bottom left and extends towards the top right, covering the lower half of the slide.

Reflect on the prevalence of mental health stigma

Rate the following on a scale from strongly agree to strongly disagree

1. Most people would willingly accept someone who has received mental health treatment as a close friend.
2. Most people believe that a person who has received mental health treatment is just as intelligent as the average person.
3. Most people feel that receiving mental health treatment is a sign of personal failure
4. Most people think less of a person who has received mental health treatment.
5. Most employers will pass over the application of someone who has received mental health treatment in favor of another applicant.
6. Most people in my community would treat someone who has received mental health treatment just as they would treat anyone.

Information about mental health

Prevalence: According to the World Health Organization (WHO), around 1 in 4 people will experience a mental health condition at some point in their lives.

Diversity of Conditions: Mental illness encompasses a wide range of conditions, including depression, anxiety disorders, bipolar disorder, schizophrenia, eating disorders, and more.

Physical and Mental Connection: Mental health is interconnected with physical health. Lifestyle factors, genetics, and environmental influences can contribute to the development of mental health conditions.

Treatable and Manageable: Most mental health conditions are treatable, and many people with mental illnesses lead productive lives with the right support, treatment, and coping strategies.

Myths vs Facts

Myth: People with mental health conditions are violent/unstable

Only 3%–5% of violent acts can be attributed to individuals living with a serious mental illness. In fact, people with severe mental illnesses are over 10 times more likely to be victims of a violent crime than the general population.

Myth: People with mental health needs, even those who are managing their mental health conditions, cannot tolerate the stress of holding down a job.

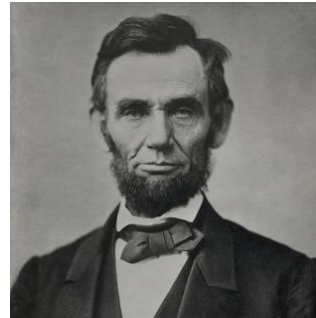
People with mental health conditions can be just as productive as other employees

Myth: Mental health issues are a result of personality weakness or character flaws, and people can "snap out of it" if they try hard enough.

Biological factors, such as genes, physical illness, injury, or brain chemistry. Life experiences, such as trauma or a history of abuse. Family history of mental health conditions

Myth: I can't do anything for a person with a mental health issue. Friends and loved ones can make a big difference. In 2020, only 20% of adults received any mental health treatment in the past year, which included 10% who received counseling or therapy from a professional

Match the mental illness to the famous person



Depression

Bipolar disorder

Anxiety

Depression Videos



Post treatment reflection

Rate the following on a scale from strongly agree to strongly disagree

1. Most people would willingly accept someone who has received mental health treatment as a close friend.
2. Most people believe that a person who has received mental health treatment is just as intelligent as the average person.
3. Most people feel that receiving mental health treatment is a sign of personal failure
4. Most people think less of a person who has received mental health treatment.
5. Most employers will pass over the application of someone who has received mental health treatment in favor of another applicant.
6. Most people in my community would treat someone who has received mental health treatment just as they would treat anyone.