

stigmafree



Did You Know?

- 1 in 5 people experience a mental health condition
- More than 75% of all mental health conditions begin before the age 24, which is why college is such a critical time
- Anxiety is the top presenting concern among college students (41.6 percent), followed by depression (36.4 percent) and relationship problems (35.8 percent).
- 32% of college students reported being so depressed in the past year that it was difficult to function, 7% of college students seriously considered suicide, and 45% reported feeling hopeless in the past year
- The University of Memphis Counseling Center saw over 7,000 students in 2017
- While half of college students would encourage a friend to seek help for emotional issues. Fewer than one-fourth would seek help for themselves. Why?



What is Stigma?

- Negative attitudes and inaccurate beliefs about people who have mental health conditions
- Stems from myths, inaccurate perceptions and lack of information
- Shaming



Why is Stigma a Problem?

- Prevents people from seeking treatment
- Prevents people from getting needed support from family and friends
- Leads to discrimination in jobs, education, housing and even in medical care
- Prejudice and discrimination are experienced by 9/10 of people with a mental health condition
- For many, experiencing stigma is worse than living with a mental health condition. Stigma comes from many sources and can cause people to feel ashamed of having a mental health condition and afraid to seek help from friends, family and mental health providers.



How to be StigmaFree!



- Learn more about mental health



- See the person, not the condition



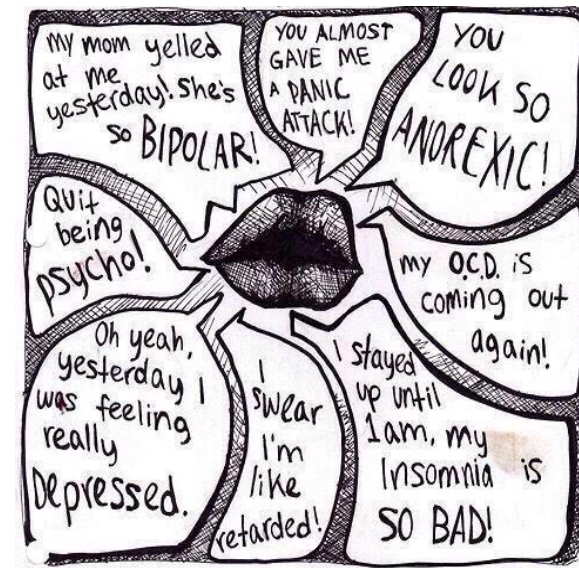
- Take action

Learn More About Mental Health

- Get perspective on peoples' lived experiences.
 - Visit OK2Talk.org
- Learn from reliable sources:
 - NAMI: www.nami.org
 - NIMH: www.nimh.nih.gov
 - APA: www.apa.org
- Know the 10 most common warning signs
 - Feeling very sad or withdrawn for more than 2 weeks
 - Trying to harm or kill oneself or making plans to do so
 - Severe out-of-control, risk-taking behaviors that can cause harm to self or others
 - Sudden overwhelming fear for no reason
 - Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain
 - Seeing, hearing or believing things that are not real
 - Repeated use of drugs or alcohol
 - Drastic changes in mood, behavior, personality or sleeping habits
 - Extreme difficulty concentrating or staying still that puts a person in danger or causes school failure
 - Intense worries or fears that get in the way of daily activities

See the Person, Not the Condition

- Language Matters
- Use “person first” language
 - “People with mental health conditions” opposed to “The mentally ill.”
 - Avoid words like “crazy” as adjectives
- Using words like “bipolar” “psychotic” and “OCD” to describe a person or behavior reinforces negative stereotypes
- Connection Matters
 - Talk about the value of self-care and mental health openly
 - Stay connected by continuing engagement



Take Action

- Speak Out
 - Speak with respect, compassion and authority when you talk with others about mental health
 - Encourage interpersonal responsibility and coping skill development through teaching life skills:
 - Asking for help and Self Advocacy
 - Goal setting and Problem-solving
 - Conflict resolution and Critical thinking
- Raise Awareness
 - Join the Student Health and Counseling Services for outreach
 - Share the 10 common warning signs
 - Teach “bystander” interventions
 - Increase exposure to Counseling Center services

Take care of yourself!

- Self care will only improve your work
 - Having a healthy lifestyle can make you better able to handle situations that may arise at work
- Model a work-life balance for students
 - Take advantage of the resources on campus
- Set good boundaries
 - If a situation takes you outside of your normal role as an employee, please consult with others about the appropriateness of the situation.
- Avoid personal contact with students
 - Our responsibility as professionals is to model and teach appropriate boundaries and seek consultation when needed.
- Seek help when feeling stressed, anxious, or down



A ~~stigma~~*free* campus starts with
us.

Together we can create
it, sustain it, and
explain it.

