

Drug Stigma Workshop – Facilitator Introduction

The following information is designed to support facilitators prepare for delivery, please read this in advance of planning your workshop. Facilitators are also encouraged to review the '[Tackling Drug Stigma Is Everyone's Business](#)' framing document before delivery.

What is the aim of the Drug Stigma Workshop?

Aim: Increase awareness of drug stigma and its impact.

Learning outcomes:

By the end of the workshop, participants will be able to:

- Understand what stigma is.
- Recognise drug stigma.
- Understand the impact of drug stigma.
- Know where to seek further information, support and training on this subject.

The workshop has been designed as a cascading and capacity building resource that aims to support partners, groups and organisations to tackle drug stigma.

The workshop is not training but is designed to raise awareness of drug stigma, the impact it can have, and what action can be taken to tackle this. The workshop is best delivered in person but can be delivered online, if required. For those who are looking to deliver the workshop online, using a virtual learning space such as Microsoft Teams or Zoom, please ensure you follow your own organisational guidance for online delivery.

Why deliver our Drug Stigma workshop?

Tackling drug stigma is a national priority and it is recognised in the [Preventing Harm, Promoting Recovery: Scotland's Alcohol & Drug Strategic Plan 2026-2035](#) that it continues to be a barrier to accessing help and support, which is the biggest protective factor for reducing harm, drug overdose and death. Stigma is also cited in the [NHSGGC Drug Harms Framework](#) as one of the main priorities for the 6 GGC Alcohol and Drug Partnerships (ADPs).

People with lived and living experience report that stigma can happen anywhere, such as healthcare settings, in the community and even on the street. That is why **tackling drug stigma is everyone's business**.

Who can deliver our workshop?

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The workshop can be delivered by anyone who has an interest in tackling drug stigma. No prior experience or qualifications are required to deliver the workshop, although facilitators are encouraged to review the '[Tackling Drug Stigma Is Everyone's Business](#)' framing document before delivery. Content of the workshop will encourage discussion, and participants will learn from each other, so you don't need to be an expert or have all the answers. For more information and further learning on the topic please visit [Tackling Drug Stigma - NHSGGC](#).

How to prepare for delivery?

- All facilitators are encouraged to prepare for delivery by reading all the resources provided in advance.
- Ensure participants are clear on the aim and learning outcomes of the session in advance. We have provided a [draft invitation](#) that you can adapt to suit your own audience.
- The workshop has been developed based on a 60-minute delivery however the wider toolkit includes other resources that can be used to accommodate a longer session if you have more time available.
- You may want to tailor delivery guidance to meet the needs of the group you are delivering to, e.g. if delivering to a small team, you may not want to split participants into discussion groups and may facilitate the discussion activity as a collective group.
- Prior to delivery, ensure you have considered and applied your organisation's equality policies and guidance to support the individual needs of all participants. You should also follow your own organisational policy on equalities monitoring of participants attending your workshop.
- Everybody has different knowledge and life experiences, which are all valid, and it is important to reflect on these to create a safe space for the conversations throughout the workshop, and to start tackling drug stigma. The workshop includes discussion activities and videos of real-life examples of drug stigma, which may be emotive for participants. You can signpost anyone with concerns to appropriate support at the following links:
 - [NHSGGC Alcohol and Drugs Health Improvement](#)
 - [Mental Health Improvement - NHSGGC](#)
- An '[Advocacy Services across GGC](#)' handout is also available within the resources, should you want to use it.

What does the workshop cover?

	ACTIVITY
1.	Welcome, introductions and overview of session
2.	Presentation – What is Stigma?
3.	Group discussion activity
4.	Video input
5.	Summary and next steps
6.	Reflective questions

The session is designed to last 60 minutes although, as detailed above, you can adapt timings if you have more time available.

We have provided this facilitator document, PowerPoint presentation, facilitator notes and a detailed session plan for your use. The links to the PowerPoint slides and the Drug Stigma Framing Document can be shared with participants after the workshop, as takeaway resources.

The wider toolkit includes 5 short films, and these are embedded within the PowerPoint presentation for ease of use during the workshop. To allow the workshop to be delivered within one-hour, we recommend you select one video to play.

The 5 films available are:

Film	Descriptor
1. ‘Stigma Kills’	This film shares how drug stigma affects men and women, explores its impact, and highlights actions that can tackle it.
2. ‘Stigma is a barrier to good health and quality of life’	This film shares how drug stigma affects women, explores its impact on women and highlights actions that can tackle it.
3. ‘Everyone knows someone’	This film shares how drug stigma affects families when a loved one uses drugs, the impact on their lives, and highlights actions that can tackle it.
4. ‘It’s everyone’s business to tackle stigma’	This film highlights why tackling drug stigma is essential to support people affected by drugs to access services, including actions that can tackle drug stigma in practice.

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5. ‘Words Matter: A Story about stigma (prisons)’	This film shares how drug stigma can affect people living in prison, explores its impact and highlights actions that can tackle it.

Reflective evaluation –

The workshop finishes with some reflective questions for the participants. This asks them to identify one key reflection/takeaway from the workshop, along with one action they will take following the workshop. You can ask participants to record this in any way that best suits your specific group, e.g. on post-its/flipchart or via an online tool, e.g. Menti, MS Forms, etc. If delivering with your own team you may then want to follow up on these actions after a set period, or the information collected may just be something you use to inform your own reflection on delivery of the session.

We also ask that, as a facilitator of the session, you complete a short evaluation following your delivery of the session. ["Tackling Drug Stigma is Everyone's Business" Toolkit Evaluation: Survey Powered by Webropol](#) The feedback provided on this will help us adapt the session to meet the needs of as varied an audience as possible. While we have included some brief reflective questions in the facilitator evaluation, we would also recommend that you complete your own organisations reflective tools, where relevant.

For any further info or to provide any additional feedback please contact ggc.mhead@nhs.scot