

Mental Health Stigma & Discrimination

Overview

- What is mental health stigma and discrimination?
- The statistics
- Impact of mental health stigma and discrimination
- Preventing mental health stigma and discrimination
- Resources
- Looking after yourself

What is mental health stigma & discrimination?

- **Stigma:** A social process that involves the damaging labelling, stereotyping, and exclusion of individuals or groups based on perceived differences that deviate from dominant social norms.
- **Discrimination:** A key part of stigma. Discrimination can be intentional (explicit prejudice) and unintentional (underlying in organisations and systems). It is the inequitable or prejudicial treatment of individuals or groups based on their stigmatised identities.

(See Me)

Statistics

- Approximately 1 in 4 people experience a mental health problem at some point in their lifetime.
- Almost three quarters of people (71%) with mental health problems in Scotland have experienced stigma and discrimination.
- 60% of Scots think there is a great deal or fair amount of shame associated with mental illness.
- 69% of young people would worry about being judged if they told someone they were struggling with their mental health.
- 28% of new and expectant women reported feeling there was stigma attached to mental health problems.
- Black men are 10 times more likely to receive a diagnosis of a psychotic disorder than white men.

Potential Impacts

- Unemployment
- Loss of entitlements
- Avoidance
- Relationships
- Distrust
- Anxiety
- Attachment
- Negative experiences
- Low self esteem
- Low self confidence
- Poor physical health
- Missed opportunities
- Unmet needs

Film Clip Discussion

1. Is mental health stigma and discrimination happening?
2. How do you think the person experiencing it might feel? Put yourself in their shoes
3. What could be done to provide a more supportive environment, prevent future stigma and discrimination and promote mental health and wellbeing?

Prevention

- Equality Act (2010)
- Language
- Whole School Approach to Mental Health & Wellbeing
- Environment
- Policy, Supports & Signposting
- Nurture Principles
- Challenge

Looking after yourself

Things I can do

.....by myself

.....with others

People I can talk to.....