

# Tackling the Taboo: Confronting Stigma Surrounding Mental Health

## Key Takeaways

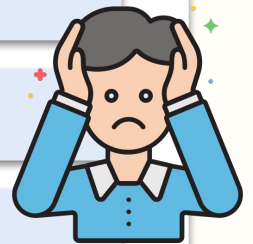
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### Negative impacts of mental health stigma

Depicts **negative and unfair attitude** towards certain individuals or groups

Places **shame** on an individual for their **perceived difference** from others

Can lead people to **not seek the support or treatment** that they need



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### Steps we can take to destigmatise mental health

#### EDUCATE

Educate yourself on mental health

#### RAISE AWARENESS

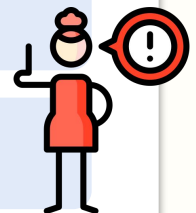
Create a safe space for them to share about their mental health

#### LANGUAGE

Refrain from making negative comments about anyone's mental health condition

#### SOCIAL CONTACT

Support those who are seeking care & receiving treatment



Take charge of your mental health today!

Go on Intellect Web (<https://app.intellect.co>) or download the Intellect app now and embark on a journey of personal wellbeing.

