

Tackling the Taboo: Confronting Stigma Surrounding Mental Health

According to the World Mental Health Report 2022, “pervasive stigma is one factor that stops people from seeking help for mental health.” Stigma itself stems from a lack of understanding or fear, fed by inaccurate stereotypes.

The pages of the book have to turn and it's time to change this narrative! Take the first step to understanding mental health and its surrounding stigma by joining this webinar to have honest conversations while detangling misconceptions surrounding mental health.

Don't snooze on this opportunity to create a more empathetic society. Together, let's tear down the walls that hinder individuals from seeking help and ensure that everyone receives the support and understanding they deserve.

Learning Objectives

- Unpacking mental health stigma
- Addressing mental health concerns
- Stigma-free: Tips for promoting mental health awareness

Content Outline

Unpacking Mental Health Stigma

- Gain an understanding of mental health stigma, including the negative beliefs and stereotypes associated with mental health issues
- Learn about the different types of stigma—public, self, and institutional—and explore where stigma originates
- Understand why challenging mental health stigma is essential for encouraging open dialogue and supporting individuals in seeking help without fear of judgement

Addressing Mental Health Concerns

- Gain insight into the various factors that contribute to mental health challenges
- Understand why individuals may feel unequipped or uncomfortable discussing mental health concerns, especially in the workplace
- How to connect peers or friends with appropriate mental health resources and support systems

Stigma-Free : Tips for Promoting Mental Health Awareness

- Understanding key strategies for mental health education to empower individuals to support themselves and others
- Promote mental health awareness through inclusive language and engagement
- Encourage connection and supportive social contact with others facing similar mental health challenges