

Erase the Stigma

Surrounding Mental Health Challenges



Courtesy of:
Mental Health Association in New York State, Inc.

What Is Stigma?

Stigma is a product of prejudice and often invites discriminatory attitudes, rhetoric, and actions against those diagnosed with mental illness.

This damaging response impacts all aspects of an individual's life. It impairs relationships, decreases productivity, and lowers one's self-esteem.

Although stigma is directed toward some, it affects all.

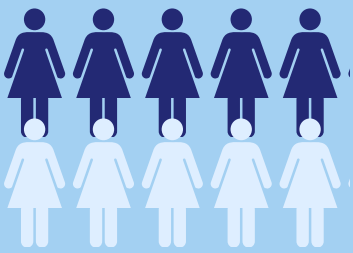
Why It Matters

Stigma perpetuates harmful stereotypes and misconceptions about mental illness. Fear of rejection and judgment can prevent those in need from speaking about their experiences and seeking necessary assistance and treatment. Check the Erase the Stigma database to find resources near you.

Fast Facts



1 in 5 American adults have mental illness



But 56% of diagnosed individuals do not receive treatment



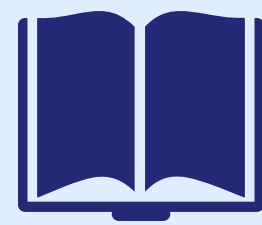
America loses \$191 Billion in income annually due to serious mental illness



Mental illness does not discriminate against whom it affects. Every age, race, and gender can be diagnosed

Learn More

Knowledge is powerful. Attend trainings at MHANYS, which include Mental Health First Aid, WRAP, Mental Health & Wellness 101, & more. Make it a priority to learn more about mental health.



Stay Active

Continue the fight against stigma by raising awareness for mental health issues. Become an advocate today. Visit www.mhanys.org.

Spread The Word

Words matter. Having open discussions about mental health can bridge the gap between misconceiving and understanding mental illness. One conversation can make the difference.

