

TREATMENT
works PEOPLE
recover

**Montgomery County
Alcohol, Drug & Mental
Health Services**

(937) 443-0416

www.mcadamhs.org

Human Services



**MONTGOMERY
C O U N T Y**



The Stigma of Mental Illness

Eliminating stigma associated with mental illness is critical in ensuring that people seek treatment they need. Lack of knowledge, fear of disclosure, rejection of friends and discrimination are a few reasons why people with mental illness don't seek help.

FIGHTING STIGMA

Use respectful language. Put the person before the illness – use phrases such as “a person with schizophrenia.” Never use terms like crazy, lunatic, psycho or retarded. Correct people who do so.

Provide professional development opportunities for staff that foster an inclusive work environment. Include mental illness in discussions about acceptance of diversity, just as you would discuss cultural diversity, religious beliefs, physical disability and sexual orientation.

Become an advocate. Create awareness by writing letters to newspapers and lawmakers. Speak out and challenge stereotypes portrayed in the media. Take it upon yourself to inform your community about the truth of mental illness.

Teach others about mental illness. Spread understanding that mental illness is like any other illness.

