

Fight stigma. Support mental health.

One in five of your coworkers experience mental health and addiction issues. And stigma is one of the biggest problems they face.

WHAT IS STIGMA?

Stigma means seeing people negatively because of fear and ignorance about their situation.

Stigma can mean assuming that people with mental health issues are violent, lack self-control or are weak, or aren't intelligent.

Because of stigma, people with mental health issues often face discrimination in the workplace and elsewhere.

Because of the fear of being stigmatized, some people don't seek treatment or support for their symptoms.

For more information about positive mental health at work, visit

ohs.bcgeu.ca

HOW TO FIGHT STIGMA:

1. Talk openly about mental health.
2. Educate yourself and others in your workplace about mental illnesses and their effects.
3. Be conscious of your language - don't casually use words like "psycho", "mental" or "schizo" or other medical diagnoses. And challenge others who do.
4. Don't avoid people with mental illness.
5. Be open and supportive if someone talks to you about their mental health. Don't judge or fix. You're not responsible to save them but you can be a helpful guide.
6. Make discussion and information about mental health visible in your workplace.

