

Mental Health ~~STIGMA~~

Ulliance
Enhancing People. Improving Business.

★ WHAT IS MENTAL HEALTH STIGMA?

Mental health stigma refers to judgement or shame that society can place on those experiencing a mental health challenge, or those who seek help for emotional distress, such as anxiety or depression. Mental health stigma can come from stereotypes, or generalized beliefs that are often inaccurate, negative, and offensive. Stigma can be placed on others, and sometimes we can stigmatize ourselves.



*Despite the Stigma--
Mental Health Challenges
are More Common
Than You Think*

72%

*of U.S. employers say stigmas associated
with mental health and addiction
are keeping workers from seeking help*

Why is this important?

Stigma can make a bad situation worse. Harmful effects of stigma can include:



Reluctance
to seek help



Fewer social &
work options



Diminished
self worth



Lack of human
connection



Bullying &
harassment



Feeling alone
& hopeless

Top 3 Tips to Strike Out ~~Stigma!~~

REMEMBER...

YOU ARE NOT ALONE!
People from all walks of
life cope with mental
health challenges.

REACH OUT

Don't let the fear of being
labeled prevent you from
seeking help. Life can be
hard, getting help is easy!

USE YOUR EAP

Call Ulliance for free &
confidential counseling,
& help with many
work/life resources.

How can Ulliance help?

Counseling and education can help you gain self-esteem and stop self-judgement.

Call us, we are here for you! 800.448.8326