

LET'S TALK

MENTAL HEALTH



# Reducing Stigma

Stigma is negative attitudes and beliefs about a person due to a specific characteristic, such as mental illness. It often comes from a place of fear and misunderstanding.

Stigma can cause someone's condition to worsen due to:

- avoidance** - delaying or refusing treatment due to shame or hopelessness
- exclusion** - social rejection or strained relationships due to lack of understanding
- discrimination** - fewer opportunities at work or school

## Mental illness is common, not shameful

There are many reasons why a person develops mental illness and all impact one's mental health:

- » genetics » trauma » life experience » violence

## How to Reduce Stigma

- Talk openly about mental health
- Know the facts - educate yourself and others to be a part of the solution
- Think before you speak - your words matter and can have lasting effects
- Show compassion for those with mental illness
- Don't hide your experiences - you'd be surprised who else you know who has also struggled
- Don't harbor self stigma - choose courage over shame



### Recognize It

Look out for the harmful effects of stigma



### Talk About It

Bring conversations about mental health into the open



### Support Others

Let them know you there to listen and find help if needed



### Get Help

Alert a supervisor if you experience or see mistreatment

# 40%

Stigma prevents 40% of people with anxiety or depression from seeking help



More than 50% of Americans will be diagnosed with a mental illness or disorder at some point in their lives.



*People in my industry told me this is career suicide, people won't want to work with somebody dealing with anxiety and depression. But how will they work with their employees? Everybody's dealing with a crisis, in a way.*

*My passion is to encourage people to talk about their own story. How will anyone ever be comfortable with mental illness if nobody talks about it? If I had survived cancer I would be shouting it from the rooftops. Well I have survived major depression and a serious anxiety disorder. I am so proud of myself. Please tell your story. There is someone waiting for you to open up so that they can open up to you. You may even help someone you love become a survivor themselves.*



Call or text - 988  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)



# SIGN IN

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*Scan for mental  
health resources*



**HOLD ON PAIN ENDS**



**AGCMO**  
MISSOURI CHAPTER  
THE CONSTRUCTION ASSOCIATION