

## Mental Health Stigma Worksheet

Following are the tips for coping up with mental health stigma. Read them carefully.

- To replace most of the misconceptions and misinformation around mental illness, arm others with solid facts and information about mental health.
- Don't allow stigma to make you feel ashamed or humiliated
- Don't let your fear of being diagnosed or labelled with a mental disorder keep you from seeking treatment.
- Not everyone will discourage you. For the compassion, support, and understanding you require, reach out to individuals you can trust and who you think will support you.
- Don't link your condition with yourself. Instead of saying “I'm schizophrenic”, say “I have schizophrenia”.
- Because of the stigma, you may be harsh with yourself or others. Counselling, therapy, knowledge, kindness to oneself and others, and support from people with mental illnesses can all help you acquire positive self-esteem, perspective, and overcome destructive judgement.
- Be hopeful and patient about the recovery
- Keep in mind that you're not alone.