

STIGMA: The hidden burden of mental illness. It can be as hard to deal with as the condition itself. It affects people's well-being, prevents them from seeking treatment and damages self-esteem. The effects can last long after someone has engaged in recovery.

Promote a supportive culture in the workplace

Everyone can play a role

- Use respectful language to talk about mental health conditions.
- Challenge misconceptions when you see or hear them.
- See the person, not the condition.
- Offer support if you think someone is having trouble.



Avoid labels

Such as challenged, crazy, demented, lunatic, normal/not normal, psycho/psychopath, schizo, special, sufferer/victim or wacko.

Use respectful language that does not define someone by an illness

Instead of using...

She or he is bipolar, schizophrenic, manic depressive, mentally ill or they committed suicide.



Try saying...

- She has bipolar disorder/She's living with bipolar disorder
- Person with schizophrenia
- Person with bipolar disorder
- People with a mental illness/mental health condition
- Died by suicide

For more information call Here4TN Employee Assistance Program at:
855-Here4TN (855-437-3486) or visit [Here4TN.com](https://www.here4tn.com)

Available 24 hours a day, seven days a week.

THE PLEDGE

Mental well-being for you and your loved ones.

As a supporter to those who have a mental illness or substance use disorder, I understand the importance of recognizing the high prevalence of mental illness and substance use disorders. I also know that when recognition is coupled with reeducation and understanding, health seeking action can be taken. These actions lead to recovery, which is possible for everyone.

The Three R's (recognize, reeducate and reduce) depend on each other to effectively Stamp Out Stigma surrounding mental illness and substance use disorders. This is what I, as an individual, charge myself to do — to fully Stamp Out Stigma and clear the path to health-seeking behavior. It begins with me.

Talk about it. Care enough to change a mind.

Learn more at: stampoutstigma.com



**STAMP OUT
STIGMA**

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