

What is stigma?

Stigma is a negative attitude. It judges someone as being 'wrong', 'inadequate', or so different that they aren't fully accepted.

- Other words for stigma are shame, taboo, labelling or discrimination
- Stigma is often applied to people with mental illness, their carers, family, friends, and mental health professionals
- Stigma can be the result of fear caused by lack of knowledge about mental illness or inexperience with sufferers
- Stigma is learned and can be changed with increased knowledge and understanding

How does stigma affect people?

If people are stigmatised:

- They may feel shame and feel alone in the world
- It may be more difficult for them to go out and seek help, which makes recovering more difficult - if mental illness is treated early, the possibility of recovery is greater
- People experiencing mental illness suffer twice - from their condition and from the stigma towards it



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Stepping Out of the Shadows

Promoting Acceptance and Inclusion

A Queensland Transcultural Mental Health Centre initiative to reduce stigma and increase mental health awareness in multicultural communities in Queensland

