



## STIGMABUSTERS

### DID YOU KNOW?

One in five people worldwide have a mental or neurological disorder at some point in their lives.

450 million people currently suffer from such conditions—placing mental illness among the leading causes of ill-health and disability worldwide.

Treatment works, but nearly two-thirds of people with a known mental illness never seek help from a health professional.

**STIGMA, DISCRIMINATION and NEGLECT** prevent care and treatment from reaching people with mental illnesses. (World Health Organization Report, October 2001).

**“Stigma assumes many forms, both subtle and overt. It appears as prejudice and discrimination, fear, distrust, and stereotyping.** It prompts many people to avoid working, socializing, and living with people who have a mental disorder. Stigma impedes people from seeking help for fear the confidentiality of their diagnosis or treatment will be breached. **For our Nation to reduce the burden of mental illness, to improve access to care, and to achieve urgently needed knowledge about the brain, mind and behavior, STIGMA must no longer be tolerated”** (U.S. Surgeon General’s Report on Mental Health, 1999).

#### \*\*\*\*OUR MISSION\*\*\*\*

**NAMI StigmaBuster Email Alerts** are dedicated to the elimination of discrimination and stigma by encouraging individual action to change public attitudes from fear, rejection, and isolation of persons with mental illness to acceptance, understanding, and support.

#### \*\*\*\*OUR GOALS\*\*\*\*

**PROTEST** prejudice and stereotypes in the media--which cross all boundaries of geography, race, culture and ethnicity worldwide.

**PRAISE** accurate information and depictions that improve public understanding of mental illness.

(over)

## **\*\*\*STIGMABUSTER EMAIL ALERTS\*\*\***

### **RECOMMEND ACTIONS AND MESSAGE POINTS TO PROTEST:**

inaccurate descriptions, portrayals, language or references that perpetuate stigma.

### **RECOMMEND ACTIONS AND MESSAGE POINTS TO PRAISE:**

accurate descriptions, portrayals, language or references to mental illnesses in the news or entertainment media.

The President's Commission on Mental Health, The Surgeon General's Report, the Resource Center to Address Discrimination and Stigma (ADS Center), a program of the federal Substance Abuse & Mental Health Services Administration (SAMHSA) all recommend breaking the barriers of stigma so individuals who have struggled to recover may live and participate in a supportive understanding community . (2003)

#### ***TO RECEIVE STIGMABUSTER ALERTS***

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