

# PROMOTING RECOVERY

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*People with mental illness are less likely to receive standard levels of diabetes care and routine cancer screenings (Nasrallah et al, 2006; Xiong et al, 2008).*

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**Stigma is a cluster of negative attitudes and beliefs** that motivate the general public to fear, reject, avoid, and discriminate against people, in this case, with mental illnesses. Due to internal or “self-stigma,” many people feel too ashamed or afraid to seek services.

**Discrimination is the real-life consequence** of stigma: because of stigma, many people face discrimination in housing, jobs, health care and social relationships.

## WE CAN REDUCE STIGMA BY SHARING STORIES

Research shows that the best way to reduce stigma is to get to know someone who lives with mental illness. Facts and figures do help, but without the personal story, we cannot truly understand what recovery looks like. Contact your local NAMI or NAMI Wisconsin to arrange a presentation at your workplace, church, classroom or community at large!



### Tips TO FIGHT STIGMA IN YOUR DAILY LIFE

#### 1. USE PERSON-FIRST LANGUAGE

Rather than saying “*John is schizophrenic,*” say “*John has schizophrenia.*” This puts the PERSON before the illness.

#### 2. KEEP MENTAL HEALTH IN THE CONVERSATION!

- Saw an article about mental health? *SHARE IT ON SOCIAL MEDIA!*
- Went to a NAMI event? *TELL YOUR FRIENDS AND FAMILY!*
- Hear a stigmatizing comment? *DON'T LET IT SLIDE!*