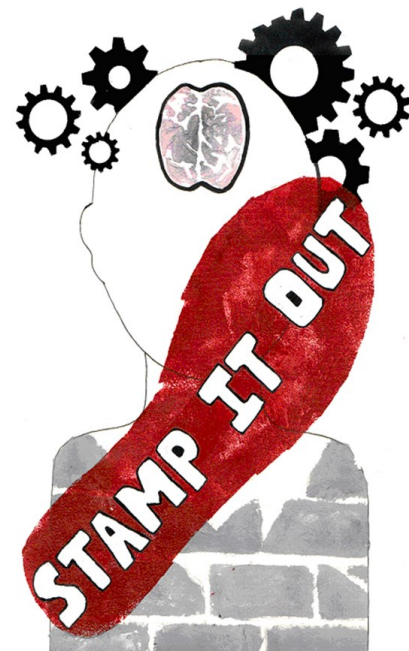


MENTAL HEALTH STIGMA CAN TAKE MANY FORMS...



Mental Health Anti-Stigma
and Discrimination Campaign



THEY GAVE ME FUNNY
LOOKS WHEN I TOLD
THEM I HEARD VOICES...

HE TOLD ME THAT I
SHOULD NOT HAVE KIDS
BECAUSE OF MY MENTAL
HEALTH CONDITION...



I DON'T WANT TO
MEET NEW PEOPLE COS
I'M SCARED OF HOW
THEY'LL TREAT ME...



1 IN 4 OF US WILL EXPERIENCE POOR
MENTAL HEALTH. TURN OVER FOR SOME
WAYS **YOU** CAN HELP CHALLENGE STIGMA...

STIGMA:
PEOPLE'S NEGATIVE
ATTITUDES + BELIEFS.

DISCRIMINATION: TREATING
SOMEONE DIFFERENTLY



CHAT ABOUT
MENTAL HEALTH
WITH A FRIEND
OR COLLEAGUE...



"I CAN BE
A BIT OCD..."



CHALLENGE
WHAT PEOPLE
SAY...

STAMP OUT STIGMA – WHAT YOU CAN DO:

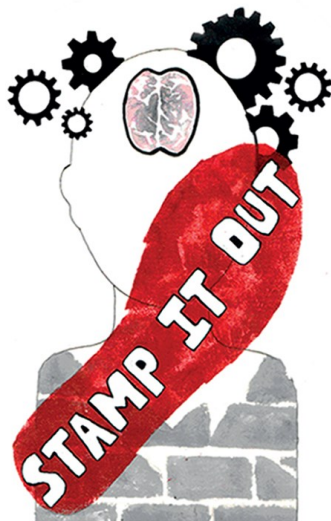
POST ON
SOCIAL MEDIA...



HOLD A QUIZ
ABOUT MENTAL
HEALTH...



BRING INFO
ABOUT MENTAL
HEALTH INTO
WORK/COLLEGE...



Mental Health Anti-Stigma
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THE MENTAL HEALTH ANTI-STIGMA AND DISCRIMINATION CAMPAIGN SEEKS TO BRING ABOUT A CHANGE IN ATTITUDES IN THE GENERAL POPULATION OF COUNTY DURHAM TOWARDS PEOPLE OF ALL AGES WHO EXPERIENCE MENTAL HEALTH PROBLEMS.



CHECK OUT OUR FACEBOOK PAGE AT
WWW.FACEBOOK.COM/STAMPOUTSTIGMAINDURHAM



INSTAGRAM @STAMPITOUT_CODURHAM



AND TWITTER FEED @_STAMPOUTSTIGMA

WANT TO GET INVOLVED? GET IN TOUCH AT
STAMPITOUTDURHAM@GMAIL.COM