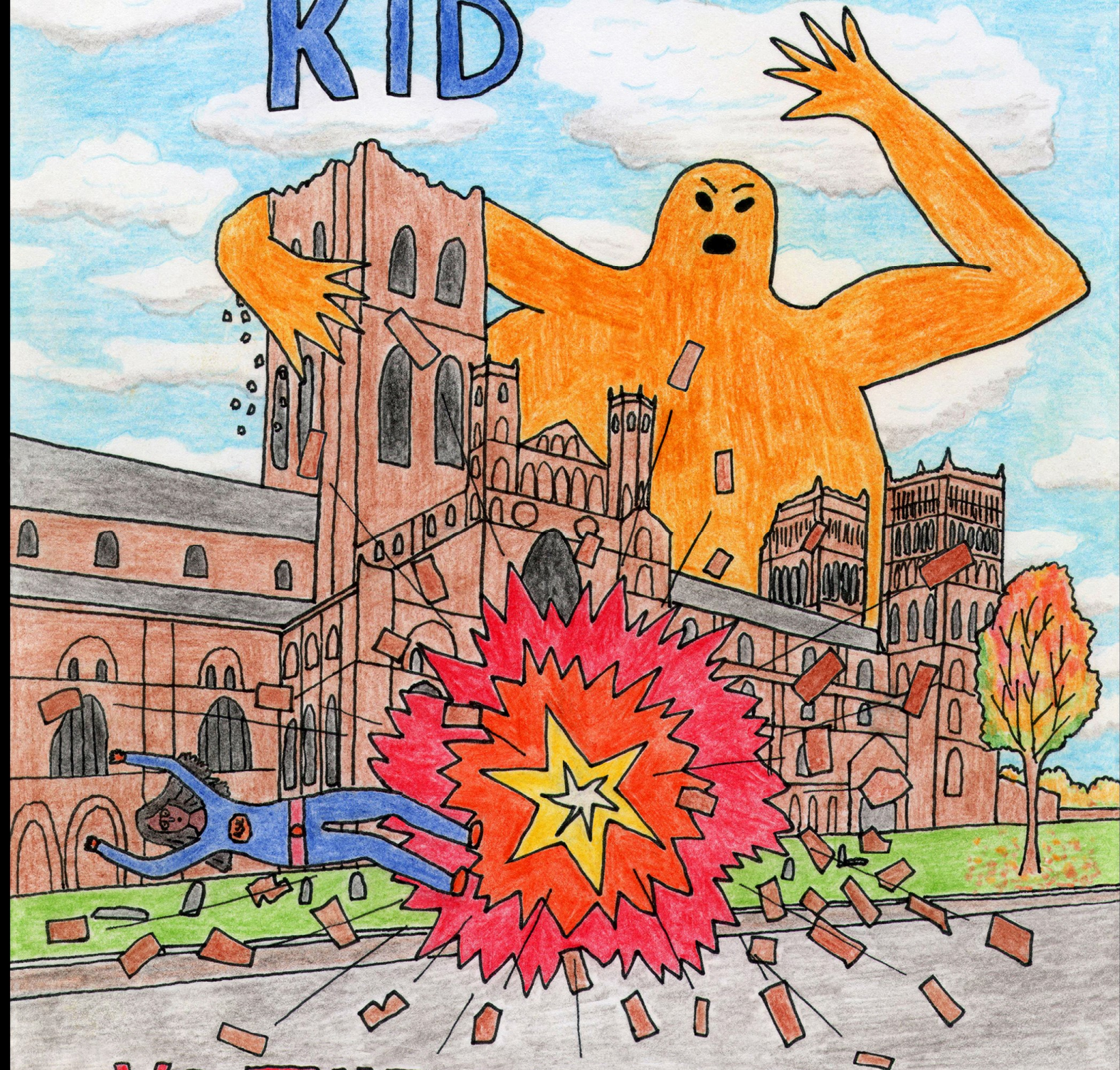
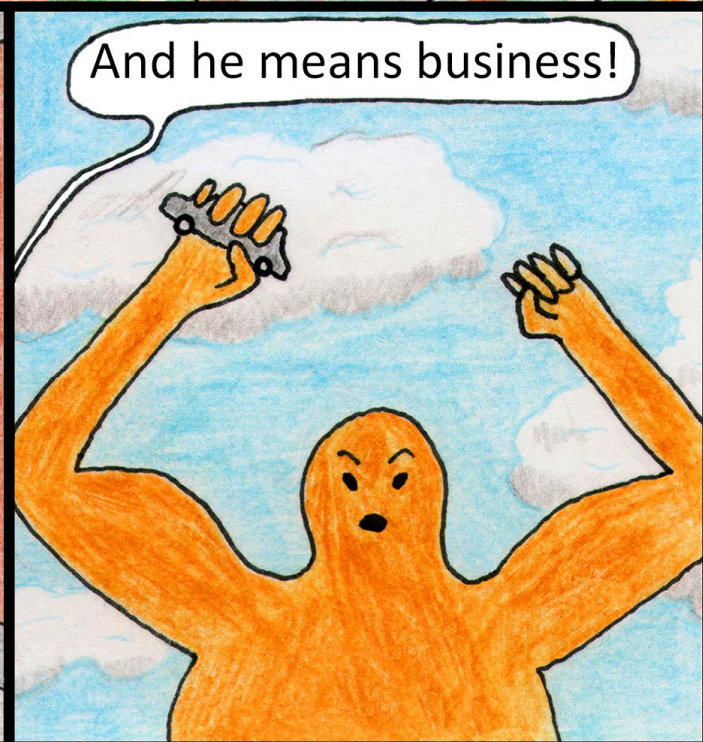
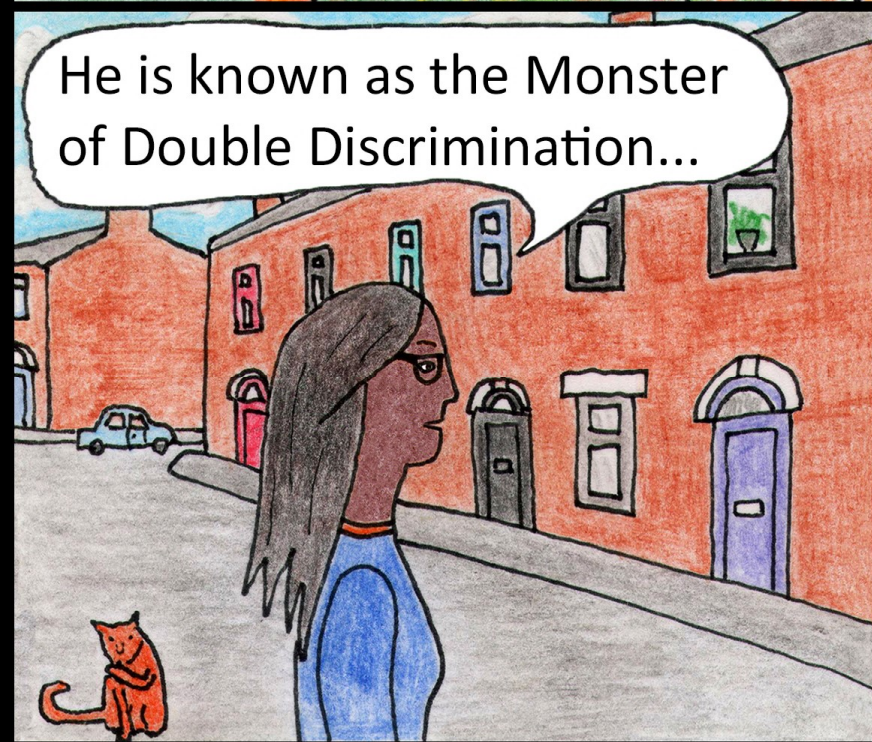


ANTI-STIGMA KID



VS THE MONSTER OF
DOUBLE DISCRIMINATION!



You see, the stigma associated with poor mental health can be challenging enough...



But can be especially difficult when other stigmas are involved...



People can experience stigma for many reasons, e.g. because of their race...

Go back to your own country!

I was born here!



Sexuality...

You people make me sick!



Or physical disability...

Would he like a drink?

You could try asking him yourself...



Doubly-stigmatised people may experience considerable barriers when seeking employment, making friends, participating in their communities, and even when accessing essential services...



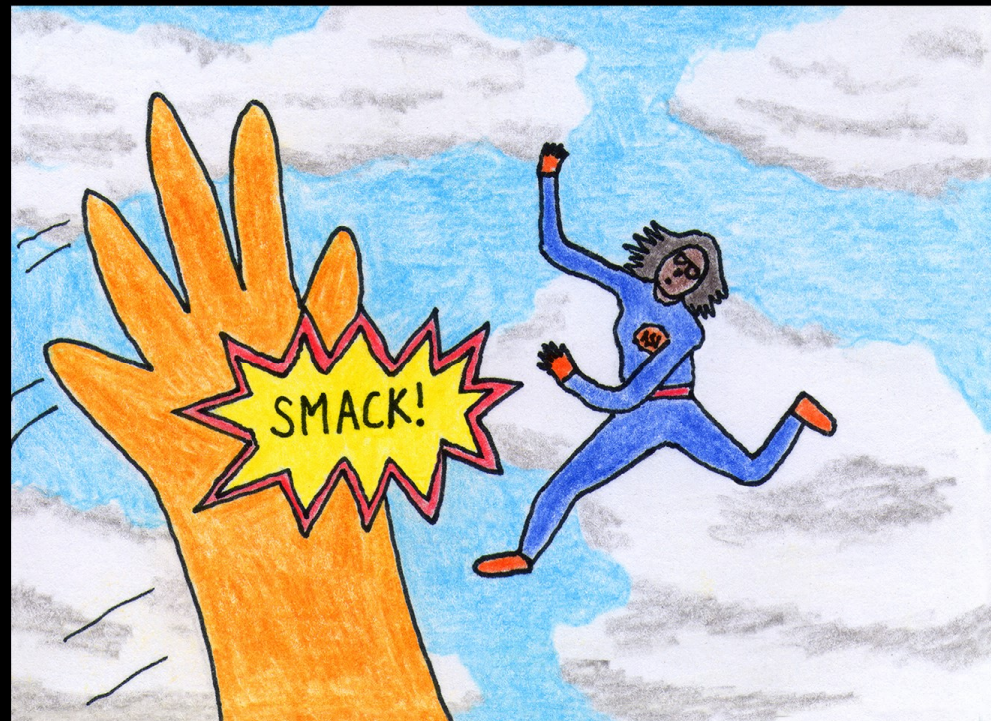
Resulting in poorer health outcomes...

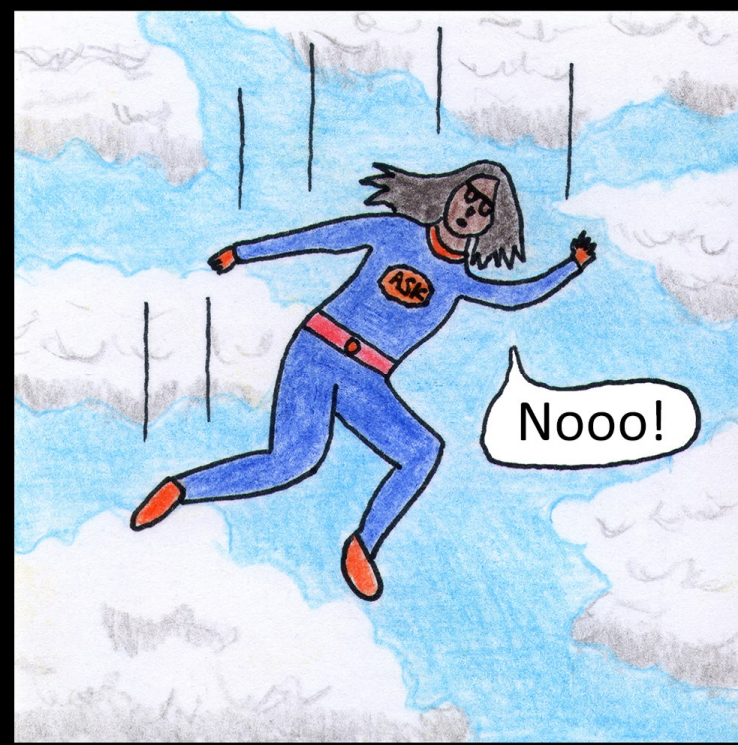


Right! Time to teach him a lesson!



Hiii-Yaaa!





Dammit, I don't think I can beat him myself...he's tough...

BUT...

Hey, let me help!

I won't let it destroy our town!

We're not too old to give you a hand!

Let us help!

Thank you! If you put your hands on top of mine I might just be able to charge up my special stigma-busting superpowers! But we need to act fast!



Yes! It worked!
Step back
everyone - I
should be able
to use my
superpowers
now!



ARRGHH!

ZAP!

Take this!!!



Angry Sounds

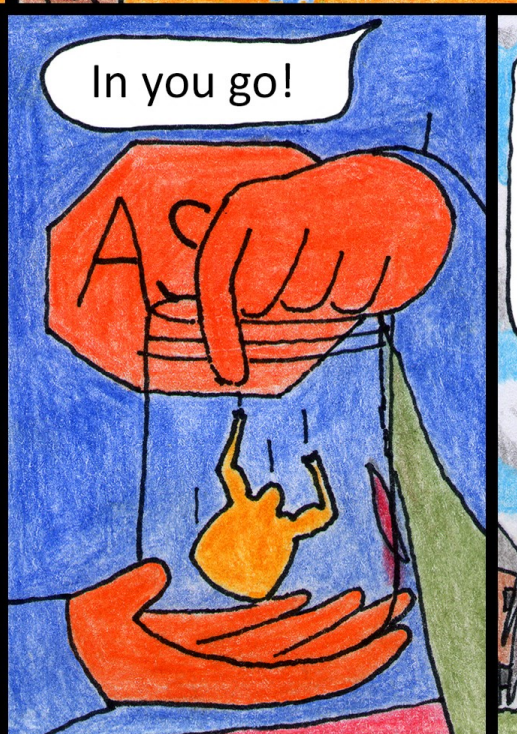


I feel his power
diminishing! He's
shrinking!



You aren't so
tough now,
are you?

Squeak!



In you go!



This one won't bother us
any more. But he'll surely
be back - in a different
form. That's why we must
always be on our guard!

There's no way I could have defeated him without your help. The Monster of Double Discrimination may be tough, but we have shown that if we work as a team, he can be beaten!

You too, reader, can be a superhero and help challenge stigma!

Share information on social media to challenge stigma and discrimination



Rather than assume how a friend is feeling, why not **ASK** them directly?

Try not to harbour self-stigma if you have experienced stigma and discrimination yourself. Look at how you can foster self-compassion

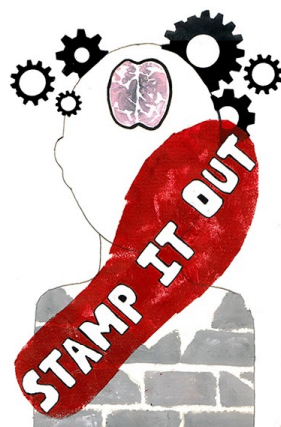


Become an **'Anti-Stigma Ambassador'** for Stamp it Out!



While having conversations with others is highly effective at challenging stigma, don't forget that small things can also make a difference!

Remember that a lot of stigma can be non-intentional. This is why we should always choose our words carefully, and take some time to learn more about issues relating to gender, race and disability, to name but a few. Take care for now!



This comic was created by Peter Swan for 'Stamp it Out', a charity based in County Durham that aims to reduce stigma and discrimination towards people with mental health problems by raising awareness amongst the general public, within the workplace, and other settings.

Check out our Facebook page at www.facebook.com/stampoutstigmaindurham, Instagram @stampitout_codurham and Twitter feed @_stampoutstigma. To get involved or find out more, contact us at stampitoutdurham@gmail.com or visit www.stampitoutcountydurham.co.uk

The end!