Mental Health Stigma

Stigma: A mental or physical mark that is characteristic of a defect.

Stigma is a commonly reported barrier to treatment seeking by parents of youth with mental health needs and by the youths themselves.

Materials/People:

- Three or more students
- A staff member to serve as a discussion facilitator

Instructions:

1. Sit in a circle facing one another.
2. Set up ground rules for the discussion (e.g., one person talks at a time, speak respectfully, stay in your seat)
3. Discuss the following questions:
    a. What examples of stigma have you seen or experienced?
    b. How do you think we can reduce stigma when we are with our friends?
    c. How do you think we can reduce stigma when we are with our families?

If you are interested in taking notes on ideas you or your group develop, you can do so on the paper below:

Children's Mental Health Matters!.org
A MARYLAND PUBLIC AWARENESS CAMPAIGN

The Children's Mental Health Matters! Campaign is a collaboration of the Mental Health Association of Maryland (MHAMD) and the Maryland Coalition of Families (MCF) with support from the Maryland Department of Health - Maryland Behavioral Health Administration. The Campaign goal, with community and school champions across the state, is to raise public awareness of the importance of children's mental health. For more information, please visit www.ChildrensMentalHealthMatters.org

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Center for School Mental Health

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