

Erase The Stigma: Empowering Mental Health Awareness

Mental Health Series



The prevalence of mental health concerns in children is increasing. Did you know 1 in 5 children encounter a mental health challenge? Despite these facts, talking about the mental well-being of people especially in children remains a challenging subject for many. It will take us ALL to erase the associated stigmas with mental health. You may be asking yourself "Why is there an increase in children's mental health challenges today?" While it's important to note that the exact causes may vary from case to case, there is a reality that must be considered. Today mental health issues in children is on the rise and factors like social media, technology, as well as environmental stressors, genetic or family influences,



and societal and political uncertainty is partly to blame. It's important to recognize that addressing the rise in mental health challenges among children requires a multifaceted approach, involving families, schools, communities, and healthcare systems. Early intervention, destigmatization, and providing support and resources for children and their families are crucial steps in addressing this growing concern.

Seven Things to Reduce Stigma

1. **Educate Yourself:** Learn about mental illness and substance use disorders.
2. **Self-Reflection:** Examine and challenge your own biases influenced by society.
3. **Mindful Language:** Use words that foster empathy and understanding.
4. **Educate Others:** Share facts, dispel myths, and promote positive attitudes.
5. **Focus on Wholeness:** Mental health is just one part of a person's life.

6. **Show Support:** Treat everyone with respect and offer assistance.

7. **Promote Inclusion:** Advocate for equal rights for individuals with these conditions.

The reality is we can break the stigma. According to the results of a recent study, mental health conditions were more likely to be stigmatized and trivialized than physical health conditions. **The easiest way to reduce stigma is to talk openly about mental health.**



Featured articles

Should I tell my mental health story?

Sharing stories is a way to connect with people and inspire others who may be struggling with their mental health or that of a family member. When you share your struggle and recovery journey, you give those around you hope. You show people they are not alone. Sharing your personal story can be empowering and combat stigma, but it's vital to prioritize your mental well-being. Here are some key tips:

- 1. Take Your Time:** No rush to share. Consult with professionals or trusted friends to determine the right timing.
- 2. Consider Implications:** Be mindful of how your story might affect others, especially if it involves sensitive topics.
- 3. Choose the Right Outlet:** Decide where and how you want to share, focusing on your comfort and empowerment.
- 4. Be Prepared to Listen:** Your story may inspire others to open up; be ready to listen to their experiences.
- 5. Consult Experts:** If your story includes sensitive details, consult experts to reduce harm and emphasize hope.
- 6. Mention Resources:** Share helpful mental health resources that have aided you on your journey.

Remember, your story can make a difference in reducing stigma, but your own well-being should always come first!

**SHARE
YOUR
STORY**



Know These Mental Health Resources

988 Suicide & Crisis Lifeline

The 988 Suicide & Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress - 24 hours a day, 7 days a week.

Crisis Text Line

Text MHA to 741741 and you'll be connected to a trained Crisis Counselor. Crisis Text Line provides free, text-based support 24/7.

Dial 2-1-1

If you need assistance finding food, paying for housing bills, accessing free childcare, or other essential services, visit [211.org](https://www.211.org) or dial 211 to speak to someone who can help.

National Domestic Violence Hotline

For any victims and survivors who need support, call [1-800-799-7233](tel:1-800-799-7233), or if you're unable to speak safely, you can log onto thehotline.org or text LOVEIS to 22522.



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Need more support or info?

Click the [ParentGuidance.org](https://parentguidance.org) medallion to explore an eCourse or visit [Ask-A-Therapist](https://ask-a-therapist.org).

Works Cited

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