

Mental Health Stigma

AWARENESS

29 July-2 August 2013



Cairde is a community development organisation working to tackle health inequalities among ethnic minority communities by improving ethnic minority access to health services, and ethnic minority participation in health planning and delivery.



Resources tailored to challenges ethnic minorities face in Dublin including:

- One-to-one support
- Quizzes (self-assessment)
- Important facts: what you need to know
- Culturally-relevant Information

And More!



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Mental Health Stigma Awareness...

From: seechange.ie



Image source: www.realitytiara.com

Stigmas are a result of incorrect or lack of knowledge around certain issues. In particular, concerning mental health, stigmas can be the result of a lack of awareness on issues around mental health.

Common problems faced by the presence of mental health stigma include:

Prejudice and Discrimination

According to the statistics, the presence of stigmas around mental health impacts EVERYONE. From those with particular mental health concerns, to those who choose to ignore or are not aware of the facts.

According to "See Change", an organization that has led many initiatives to fight mental health stigma, one thing that reduces the stigma is that: "As people with self-experience and their families speak up and out about their experiences [concerning mental health in particular], people listen and many relate with empathy to those experiences."

Mental Health Stigma: Stats

"**95.4%** of people with mental health problems have reported some level of unfair treatment as a result of a mental health problem."

"More than **70%** of participants concealed their mental health problems from others.
3 in 5 stop working."

The Facts

(www.seechange.ie)

"The overall economic cost of mental health problems in Ireland has been estimated at just over **€3 billion** in 2006."

"More than **40%** of people affected by mental health problems stopped themselves from engaging in education .