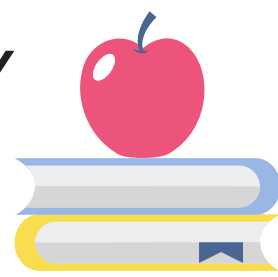




FAIRFIELD COUNTY PREVENTION IN FOCUS



AN ENEWSLETTER BY THE FAIRFIELD
COUNTY ADAMH BOARD FOR SCHOOLS,
PARENTS, AND STUDENTS

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STIGMA 101

Although one in five individuals will struggle with a mental health and/or substance use disorder within his/her lifetime, stigma against people with those medical conditions persists. *Stigma* is when someone views a person or group in a negative way because that person or group has a feature or personal trait that is thought to be a disadvantage. Unfortunately, negative attitudes and beliefs toward people who have a mental health and/or substance use condition are common and can lead to discrimination and prejudice.

Regardless of the source of the stigma, such as personal, social, and family beliefs or negative media portrayals, some other harmful effects of stigma include:

- reluctance to seek help or treatment
- lack of understanding by family, friends, classmates, co-workers, or others
- difficulties at school, work, or social activities
- bullying, physical violence, or harassment
- reduced hope and lower self-esteem

Do you have stigma? Take the National Alliance on Mental Illness's (NAMI's) StigmaFree Quiz to find out:

1. I think people with mental illness ...
 - A. need to snap out of it
 - B. did something wrong to cause it
 - C. need our love and support
 - D. are sometimes faking it
2. Which one of the following is a myth about stigma?
 - A. It makes people feel alienated or feel "less than."
 - B. It's not really a big problem for people with mental health conditions.
 - C. It prevents people from seeking help for symptoms.
 - D. It makes people fear judgement if they share their story.
3. If someone in your family is diagnosed with a mental illness, you should:
 - A. Treat them differently than you used to.
 - B. Distance yourself from them.
 - C. Feel sorry for them.
 - D. Listen to them and show support.

STIGMA 101 CONTINUED ...

Were your answers correct: 1. **C**, 2. **B**, 3. **D**? For details, visit NAMI's [StigmaFree Quiz Results](#). So what can we do to reduce stigma?

- Talk openly.
- Educate yourself and others.
- Be conscious of language.
- Show compassion and empathy.
- Choose empowerment.



For more information, visit [NAMI](#), the [American Psychiatric Association](#), and the [Mayo Clinic](#).

NETWORK OF CARE PROVIDERS

- [Big Brothers Big Sisters of Fairfield County](#)
- [Fairfield Center of Hope](#)
- [Fairfield County 2-1-1 \(Information & Referral\)](#)
- [Fairfield County Family, Adult and Children First Council](#)
- [Lancaster/Fairfield Community Action](#)
- [Lancaster Recovery Services](#)
- [The Lighthouse](#)
- [Lutheran Social Services Faith Mission of Fairfield County](#)
- [Mental Health America of Ohio](#)
- [Mid-Ohio Psychological Services, Inc.](#)
- [New Horizons Mental Health Services](#)
- [OhioGuidestone](#)
- [The Recovery Center](#)

CRISIS TEXT LINE |

Text 4HOPE to 741741

A free, 24/7 text line for people in crisis.

Mental Health Crisis Hotline

740.687.8255

Toll-free: 855.431.0803

You can also call 9-8-8.

24/7/365



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