

Stand up to

mental health stigma

Ending mental health stigma encourages people to reach out for support when they need it.

Your words and actions matter!



Have open conversations

- ✓ Create a culture where it's safe to speak freely about mental health.



Support your coworkers

- ✓ Listen with compassion.
- ✓ Share helpful resources.
- ✓ Align seeking help with strength, not weakness.

Educate yourself about mental health

- ✓ Check your internal biases.
- ✓ Challenge myths and stereotypes.




Choose your words wisely

- ✓ Be mindful that words like "crazy", "psycho" or "nuts" reinforce stigma.
- ✓ Use positive language that avoids labeling a person.



SCAN THIS CODE TO LEARN MORE


RACK CARD
TAKEAWAY
PLACEHOLDER

TAKE ONE! ↗


TAKE ONE! ↗

