



# **Promoting Mental Health De-Stigmatization & Resources**

# Financial Disclosures

- With respect to the following presentation, there have been no relevant (direct or indirect) financial relationship between the presenters/activity planners and any ineligible company in the past 24 months which would be considered a relevant financial relationship.
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# Meet Our Presenters



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# Icebreaker: Two Truths & A Lie



Mental health stigma is more prevalent in rural communities compared to urban areas.

Stigma can affect a person's self-esteem and ability to form meaningful relationships.

Stigma surrounding mental health is decreasing globally due to increased awareness and education efforts.

# Objectives

## Participants will:

Assess the existing culture surrounding mental health in their community

Compare various strategies aimed at promoting mental health de-stigmatization

Promote resources and interventions to improve mental health.



# Kahoot



[Link](#)



# **Discussion of Our Current Landscape**







# 49.5%


Adolescents grapple, or will grapple, with a mental health crisis at some time during their young-adulthood.





# Stigmatization

A set of negative and unfair beliefs that a society or group of people have about something.  
In the context of mental health, stigma is when people have unfair attitudes or beliefs about people with mental health struggles.



# What Can Stigmatization Look Like?

“It's all in their head”

“They're just crazy”

“They should just keep it to themselves”

“Everybody feels that way at times”

“You've got to pull yourself together”

“They can't hold down a job with that condition”





**60%**

Of individuals with a mental illness do not receive care<sub>1</sub>

**100%**

Of 222 respondents report that stigma decreases recovery and sustained care<sub>2</sub>

1, <https://mhanational.org/issues/2023/mental-health-america-access-care-data>. 2, <https://pubmed.ncbi.nlm.nih.gov/28188369/>





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# Discussion of Culture & Mental Health





# Culture

Culture plays a big role in mental health care

**Can you think of some examples?**



**Culture** can affect the perception of mental health, determine how individuals seek help and from whom, and impact treatment approaches. To effectively address mental health across diverse populations, mental health services must be thus be culturally competent.

## Perception

- **Western Cultures:** Typically use biomedical models that emphasize biological and psychological factors.
- **Non-Western Cultures:** Often incorporate spiritual, social, and community-based perspectives.
- **High Stigma:** In some cultures, mental illness is highly stigmatized, leading to shame, secrecy, and avoidance of treatment. For instance, in many Asian cultures, mental health issues might be seen as a sign of weakness or a failure of the family.
- **Low Stigma:** Other cultures might have more accepting attitudes, facilitating open discussion and easier access to mental health care.

## Help

- **Medical Professionals:** In cultures with strong faith in modern medicine, individuals are more likely to seek help from doctors and mental health professionals.
- **Traditional Healers:** In other cultures, people might turn to traditional healers, religious leaders, or community elders for support.

## Treatment

- **Medication and Therapy:** Western cultures often emphasize medication and psychotherapy.
- **Alternative Treatments:** Other cultures might prioritize herbal remedies, spiritual healing, or other alternative treatments.



Mental health can be shaped by a myriad of factors:

- Consumers' lifestyles
- Habits
- Education
- Religion
- Beliefs
- Values
- Sexuality
- Attitudes/Perceptions
- **Any others?**







# Discussion: Your Perspectives



# Group Share-Out

*(only if you feel comfortable sharing!)*

- 1. What are the existing perceptions surrounding the topic of mental health in your home, school, or community?**
- 2. How do you envision the role of school-based health centers in improving student mental health outcomes?**
- 3. What has your school-based health center done to support students' mental health?**





# **Interactive Activities**



# Activity 1–

## Problem Solving!

*You will be divided into groups and presented with a hypothetical scenario regarding a problem related to school-based mental health. Please discuss as a group and write down specific answers to the questions you have been presented with and provide some hypothetical solutions to the issues at hand!*

✦ [Link](#)  
✦  
✦



## **Small Group Discussion:**

1. What was the hardest part of your brainstorm/initiative development process?
2. What was something new you learned from this activity?



# Activity 2-

## Mock Support Groups!

*Description: Stay in your groups! Each group will respond to questions related to 2 scenarios regarding mental health issues in support groups run in school-based health centers.*

*Link*





## **Small Group Discussion:**

1. What was the hardest part of your brainstorm/initiative development process?
2. What was something new you learned from this activity?





# **Closing: Final Thoughts**





# Journal

Write about an experience your experience with mental health stigma, and how you might be able to address it. If you can't think of a specific instance related to mental health write about how stigma has affected a different aspect of your life or someone else's

Please keep in mind that some of these will be shared out.

# Questions

# Citations

- <https://counseling.online.wfu.edu/blog/destigmatizing-mental-health/>
- <https://opa.hhs.gov/adolescent-health/mental-health-adolescents#:~:text=Many%20adolescent%20experience%20positive%20mental,some%20point%20in%20their%20lives.&text=The%20good%20news%20is%20that.health%20can%20prevent%20some%20problems.>
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- <https://pubmed.ncbi.nlm.nih.gov/28188369/>

