Confronting Mental Health STIGMA

The Realization Project
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Today’s Plan

• Learn about Mental Health Stigma
• Watch and discuss films
• Share mental health resources
Nota Bene (NB):

• Mental health is personal – YOU are the expert on your own experience
• It’s okay to feel!
• Take care while watching films
- Physical Wellness
- Physical Illness

- Mental Wellness
- Mental Illness
In TV, movies, and your experience, people with mental illness are portrayed as...

Tired; Messy; Lazy; Delusional; bipolar; dangerous; crazy
Stigma

• A judgment or stereotype that is:
  • Always negative
  • Always untrue
  • Can be internalized
How does stigma feel?

Shitty

Limiting
A nosognosia

By Leesa Kim (2016)

https://www.artwithimpact.org/film/anosognosia/
Hanging

By Nick LeDonne (2017)

https://www.artwithimpact.org/film/hanging/
Little Elizabeth

By Elizabeth Ayiku

https://www.artwithimpact.org/film/little-elizabeth/
W atching each movie...

What did you think? What did you feel? Memorable techniques?
How can/do you promote good mental health?