

## Stigma and Discrimination

**1 in 4 of us will experience a mental health problem at some time in our lives. Three quarters of us know someone with a mental health problem.**

The stigma of mental ill-health has been called 'one of the last great taboos'. People with mental health problems often say that the reactions of family, friends, neighbours, work colleagues and employers is harder to deal with the illness itself.

Stigma and discrimination can also worsen someone's mental health problems, and delay or impede their getting help and treatment, and their recovery. Social isolation, poor housing, unemployment and poverty are all linked to mental ill health. So stigma and discrimination can trap people in a cycle of illness.

***' Nearly nine out of ten people with mental health problems have been affected by stigma and discrimination '***

When people with mental disorders are asked to name the greatest obstacle to recovery, **stigma and discrimination** is by far the most common response.

Five people who have been diagnosed with mental health issues talk about the negative reactions they faced and how they overcame them. [Click here to view a video 'Mental Health Attitudes'](#)

Mind is a partner in [Time to Change](#), England's most ambitious campaign to end the discrimination faced by people who experience mental health problems, as well as improve the nation's wellbeing.

Stigma and discrimination ruin lives. They deny people with mental health problems the opportunity to live their lives to the full. They deny people relationships, work, education, hope and the chance to live an ordinary life that others take for granted.

This massive campaign includes local community projects and activities, a high-profile anti-stigma campaign, legal challenges, training for student doctors and teachers, and a network of grassroots activists combating discrimination.

Time to Change is shown to be having a positive impact on public attitudes and behaviour towards people with mental health problems. Since the campaign launched, there has been a 4% reduction in reported discrimination and a 2.2% improvement in public attitudes.

Our current campaign 'It's time to talk' aims to tackle the fear and awkwardness that people feel around talking about mental health.

**Scroll down for more information!**



## Open Up

Open Up is Mind's grassroots anti-discrimination project, and is led by people with personal experience of mental health problems.



Open Up works on the principle that talking about mental health is the best way to confront stereotypes and tackle prejudice. The project looks for positive and constructive ways to communicate what it's really like to live with a mental health problem. Find out more here: [http://www.mind.org.uk/campaigns\\_and\\_issues/time\\_to\\_change/open\\_up](http://www.mind.org.uk/campaigns_and_issues/time_to_change/open_up)

**Stigma and Discrimination factsheet** - <http://www.nmhd.org.uk/silo/files/nmhd-factfile-6.pdf>

