

# STIGMA



## WHAT CAUSES IT AND WHAT IT LOOKS LIKE

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### CAUSE

### EFFECT



Lack of knowledge  
and education about  
mental health



Public Stigma

People use poor  
language about  
mental health



Negative  
public attitudes  
towards people with  
poor mental health



Self Stigma

People talk and  
think negatively about  
themselves

“ Sssh! ”

Silence

Not talking about mental  
health difficulties creates  
stigma



Mental Health Stigma

Prevents people from  
finding help



Lack of funding for  
mental health services  
makes it difficult for  
people get help



Confusion

People become  
confused and don't  
know where to turn