

STIGMA

AROUND

MENTAL HEALTH





**SYMBIOSIS COLLEGE OF ARTS AND
COMMERCE**

(Autonomous College under Savitribai Phule Pune University)
Senapati Bapat Road - 411004

**Stigma Around Mental
Health**

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Acknowledgment

We wish to express our sincere gratitude to the principal of Symbiosis college of Arts & Commerce, Dr. Hrishikesh Soman for his encouragement in our pursuit of completing the internship which was a part of our B.A honors course.

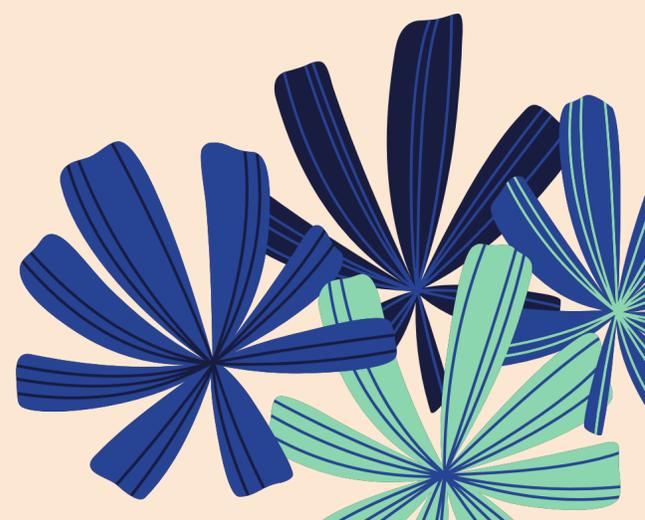
We would like to extend our thanks to Vice principle of Symbiosis college of Arts & commerce Dr. Sunayani Parchure for supporting us throughout the Internship and making it succesful.

Further, we would like to thank, Associate professor and head of the department of Psychology, Dr. Alpana Vaidya for giving us her valuable knowledge, consistent assistance and unwavering guidance. We all express our sincere gratitude towards Dr. Anil Vartak (Director of Eklavya group), for guiding us during the Internship and providing his valuable knowledge and support.

We would further, like to acknowledge Mrs. Smita Godse for giving us her valuable time, ideas and knowledge over the course of meetings taken under her guidance.



Farewells





Dr. Hrishikesh Soman
Principal, Symbiosis College of Arts and Commerce

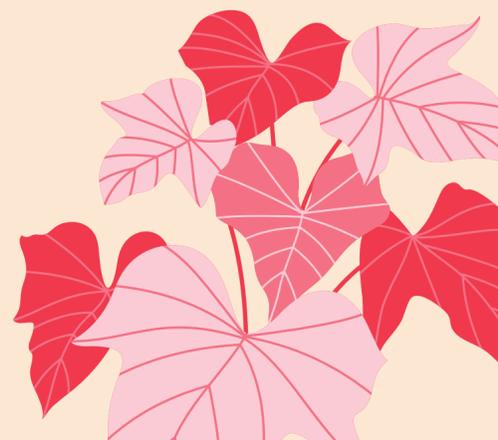
In the current windstorm, mental health awareness has taken a priority, with increasing awareness the stigma surrounding it is slowly fading. However, there is still a long way to go. We often hear of individual's being stigmatized by society due to their illness. Thus, it is our duty to take a bold step against it and reach out to those whose voices are left unheard.

The Department of psychology of Symbiosis College of Arts and Commerce has taken the topic of Stigma around Mental Health as a part of their internship. With constant guidance of Dr. Alpana Vaidya, Head of the department of psychology, Dr. Anil Vartak, Founder of Eklavya group and Mrs. Smita Godse, member of Eklavya group, the students completed their internship.

The batch of 2020-2021 BA Honors in Psychology had been working on this topic by indulging in intensive discussions, regular readings and research of the topic and thus presented their work in the form of a booklet. The booklet aims to spread awareness about mental health and reach out to the society and make them aware about Stigma around mental health and ways to stop it.

The students have shown excellent skills of collaboration, dedication, organization, communication and coordination. With their enthusiasm and dogged determination they have done an incredible job.

I wish the students warmest congratulations for reaching this milestone.





Dr. Alpana Vaidya
Professor, Head of Department of College
Symbiosis College of Arts and Commerce

“Never give up someone with mental illness. When ‘I’ is replaced by ‘we’, illness becomes wellness.”

This booklet, *Stigma around Mental Health*, presented by the department of psychology, is dedicated to the Golden Jubilee of Symbiosis College of Arts and Commerce with an aim to promote mental wellbeing and reduce discrimination around mental illness.

The Department of Psychology of Symbiosis College of Arts and Commerce was established in the year 2009. After being autonomous, the college introduced the honors program in both BA and B.com which provides internship opportunities to its students. The department of Psychology would send its students for hospital visits as a part of their internship.

With the outbreak of the Covid-19 pandemic and announcement of nationwide lockdown, the educational system experienced a shift from the traditional classroom teaching-learning method to an online teaching mode. However, these circumstances did not affect the motivation and enthusiasm of the students and an online internship program was provided by the department.

The department of psychology approached Dr. Anil Vartak, Founder of Eklavya group to guide the students of the BA. Honors program for their internship. Dr. Vartak and his group very graciously accepted our appeal and were extremely glad to assist the students of Tyba.

Under the guidance of Dr. Anil Vartak and Mrs. Smita Godse the students finalized the topic of *Stigma around Mental Health* with an aim to help the society and community at large and after three months of hard work they presented their work in the form of a booklet.

The booklet titled “*Stigma around Mental Health*” aims to reach out to all those who experience stigma within their family, society and community and provide basic information about the topic as well as information about ways to reduce stigma. It also provides an analysis of the recent survey conducted by the students on the topic.

The students have presented the topic extremely well and I would like to extend my warmest congratulations for their achievement.



Dr. Anil Vartak
Founder, Eklavya group



Mrs. Smita Godse
Eklavya Group

Many persons with mental illness say that..' Stigma is harder than the illness itself'. Stigma said to be a great barrier for persons with mental problems, not only retards recovery but also prohibits people from seeking treatment. In today's competitive world when many individuals especially college-going youth face different mental health issues, creating awareness, and addressing Stigma are important.

Considering educating youths and helping students remove Stigma as an urgent need Dr. Alpana Vaidya, H.O.D, Psychology department, Symbiosis College invited us to supervise a project on this theme for the third-year psychology students of Symbiosis college. We happily accepted the invitation, but we were a little skeptical about how far we can make progress in the light of the lack of face-to-face interactions due to the lockdown declared in response to the Covid-2019 situation. However, in the first week itself considering students' enthusiasm, it became clear for us that lockdown can not act as a deterrent and quality and comprehensive work on the issue of Stigma is possible by the students.

In the end, students have produced this very insightful booklet and posters that will help others remove the stigma and help in understanding this problem in a better way. We are sure that this book is an essential addition in taking forward the issue.

We are very impressed by the hard work, enthusiasm, and creativity by third-year Psychology students (Honors) of Symbiosis College. We were an active witness to the entire process of making this report. We thoroughly enjoyed this process and will carry good memories of it forever.

We wish symbiosis college all the best for their Golde Jubilee.

DEPARTMENT OF PSYCHOLOGY

On the 50th anniversary of the Symbiosis College of Arts and Commerce, the department of psychology dedicates a booklet on Stigma around mental health, adhering to its aim of creating awareness about community mental health.

The department of psychology was established in the year 2008-09 under the Symbiosis College of Arts and Commerce with the support of the Principal, Dr. Hrishikesh Soman and our former Vice Principal, Dr. Sunaini Parchure. The first batch consisted of only 16 students who graduated in the year 2011. Since its establishment, the department is headed by Dr. Alpana Vaidya who holds more than 20 years of experience in the field of psychology.

Under the guidance of Dr. Alpana Vaidya the department of psychology started educating 16 students for the bachelorette degree. In the initial years, the students conducted a number of programs namely Psyphoria and Psychquest consisting of various activities, games, guest lectures etc. The students also went on a number of educational trips to Bangalore and Mysore University, field trips to Pondicherry and one day trip to Kaivalya dham.

With the college becoming autonomous in the year 2012-2013, the college introduced the Honors program in both BA and B.com degree programs. As a part of the honors program the students were provided with various internship opportunities at hospitals, rehabilitation centers, companies and the like, making Symbiosis the only college that provides its students with an internship at an undergraduate level.



In the year 2018, the department introduced the Master's Program with three specializations in Clinical, Counselling and Industrial psychology with Indian Psychology and Neuropsychology as the core subjects across the three specializations. In the same year the batch of 2017 also started the MHAN – The Expression, an Initiative ; through this, the department provided the platform for the students to talk freely and provided opportunities for emotional catharsis .



With the beginning of the covid-19 pandemic, the college shifted to online education. The lockdown did not hinder the internship work as the department provided its students with an online internship in various areas like stigma, rehabilitation, recovery etc. where the students engaged in discussions, intensive conversations, regular reading and presented their work in various forms such as booklet, presentation, documents and so on.



It has been 13 years since the department has been formed, changed and improved over time. Over the years, the number of undergraduate students have increased from 16 to 100. Now the main aim is not only to help the students understand the theory, but to apply it in solving issues of mental health and spread the awareness about mental health and reach out to all those in need. Thus, taking small steps to a better future.



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INTRODUCTION



The booklet “Stigma around Mental Health” is formulated under the internship done by the students of Symbiosis College of Arts and Commerce. The batch of TYBA 2020-21, are undergraduates who are majoring in Bachelors of Honors in Psychology in this college.

The booklet is dedicated to the 50th Anniversary of Symbiosis College of Arts and Commerce with an aim to spread awareness about Mental Health and acknowledge the generational stigma surrounding it. It represents the thoughts, ideas and discussions the students have had during the internship period and surround the topic, Stigma around Mental Health.

In 1963, Erving Goffman called stigma a facet that is extremely discrediting, something that lessens a person from a usual and complete person to a disregarded and tainted one. Several environmental sources such as social, personal, and family beliefs give rise to negative connotation towards mental illness and by association, towards mental health itself. This makes an individual’s behavior socially unacceptable. The lack of perception, awareness, and education regarding mental health leads to greater stigma. To understand the hindrance of stigma in an individual’s life, who suffers with mental health, it is extremely important to study the concurrent researches, theories and definitions relevant to it.





This topic was specifically chosen because of the sheer amount of people silently suffering and because people suffering from mental illness are doubly challenged. Not only do they have to live with the disabilities and symptoms of their illness but they are also challenged by the prejudice and stereotypes which come from misinterpretation of mental illness. In this booklet, the students have amalgamated their research specifically about stigma around mental illness to give a concise overview of the problems in the area.

This internship was carried out under the guidance of Dr. Anil Vartak who has achieved his PhD from Gokhale Institute of Politics and Economics Pune, on “Demand and supply gap in Mental Health”. He has worked as the Head of the Department of Economics in S.P. College, Pune. Dr. Vartak started “Ekalavya”, a self-help support group, in 1998. He has been pioneering work in rehabilitation of people who suffer from mental disorders and increasing awareness amongst the caregivers.



Thus, this booklet aims to make its readers aware about what stigma really means and the problems the society is facing today with regards to stigma around mental health. It also provides information regarding measures one must take against stigma of mental health and provides a number of guidelines to seek help and stop stigmatization. Furthermore, the surveys conducted during this internship also provide relevant data about the topic. Therefore the students have contributed to this topic with an aim to spread awareness in the society and reduce the stigma surrounding mental health.



LUNATIC!!

DEPRESSED

PSYCHOPATH

abnormal!!

DELUSIONAL?

INSANE?

*SCREW
LOOSE??*

SPASTIC!

SCHIZO

DUMB

MANIAC

RETARD?

mental?

BIPOLAR?

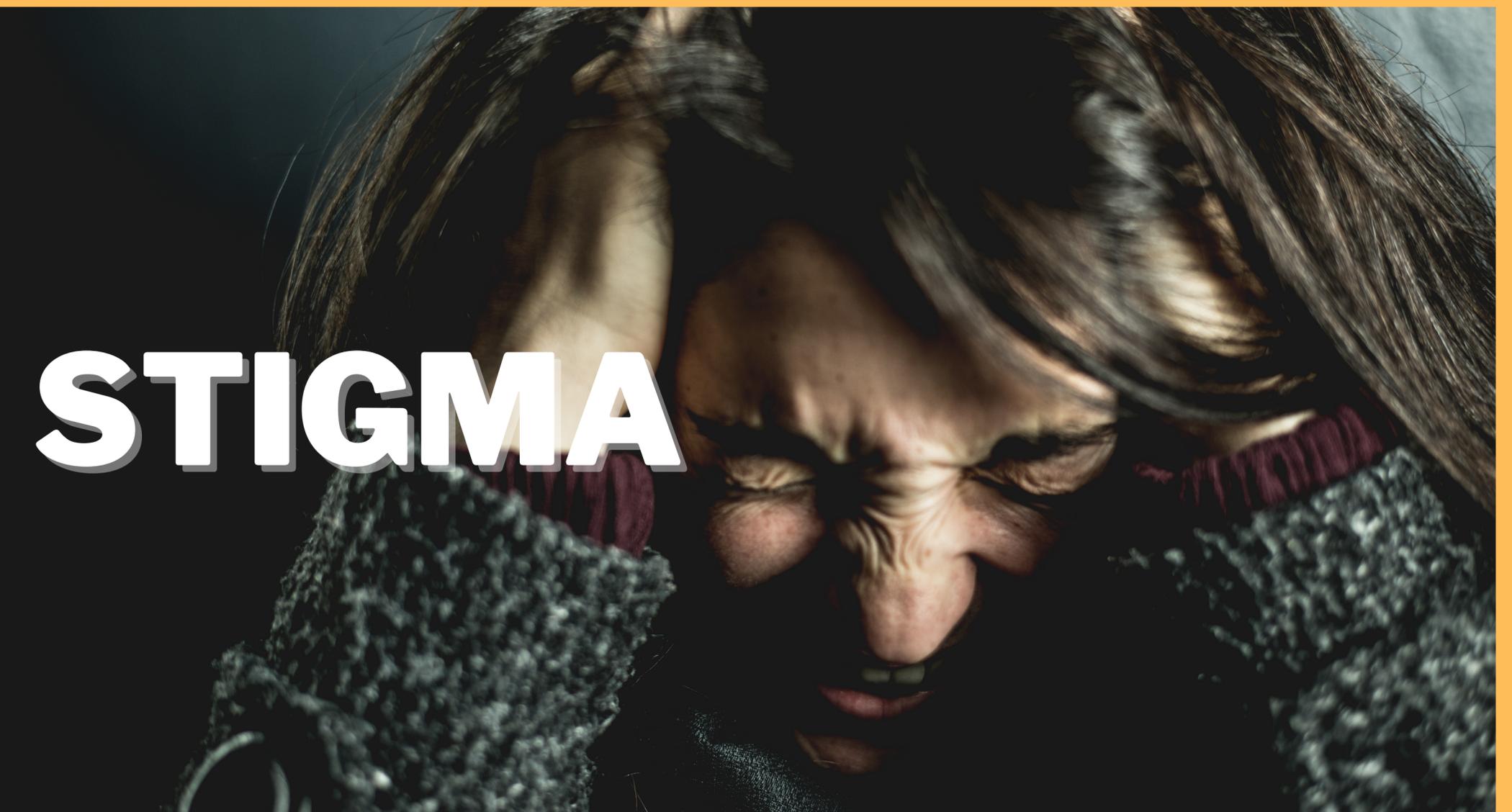
CRAZY???

mad??

NUTTER



STIGMA



WHAT IS STIGMA?

Borrowed from the Latin word, the word Stigma means “to mark or brand” and from the Greek origin “to tattoo”.

Isn't it weird how a word with such a strong meaning is rather used in a way to tarnish someone's name? In our society today, if we meet a person who is suffering with an uncertain condition such as a mental problem, we tend to stigmatize them and create a pattern of discrimination between “us” versus “them”. The society criticizes the way they talk, walk and carry out their daily routine, thus causing them more harm than the illness itself.

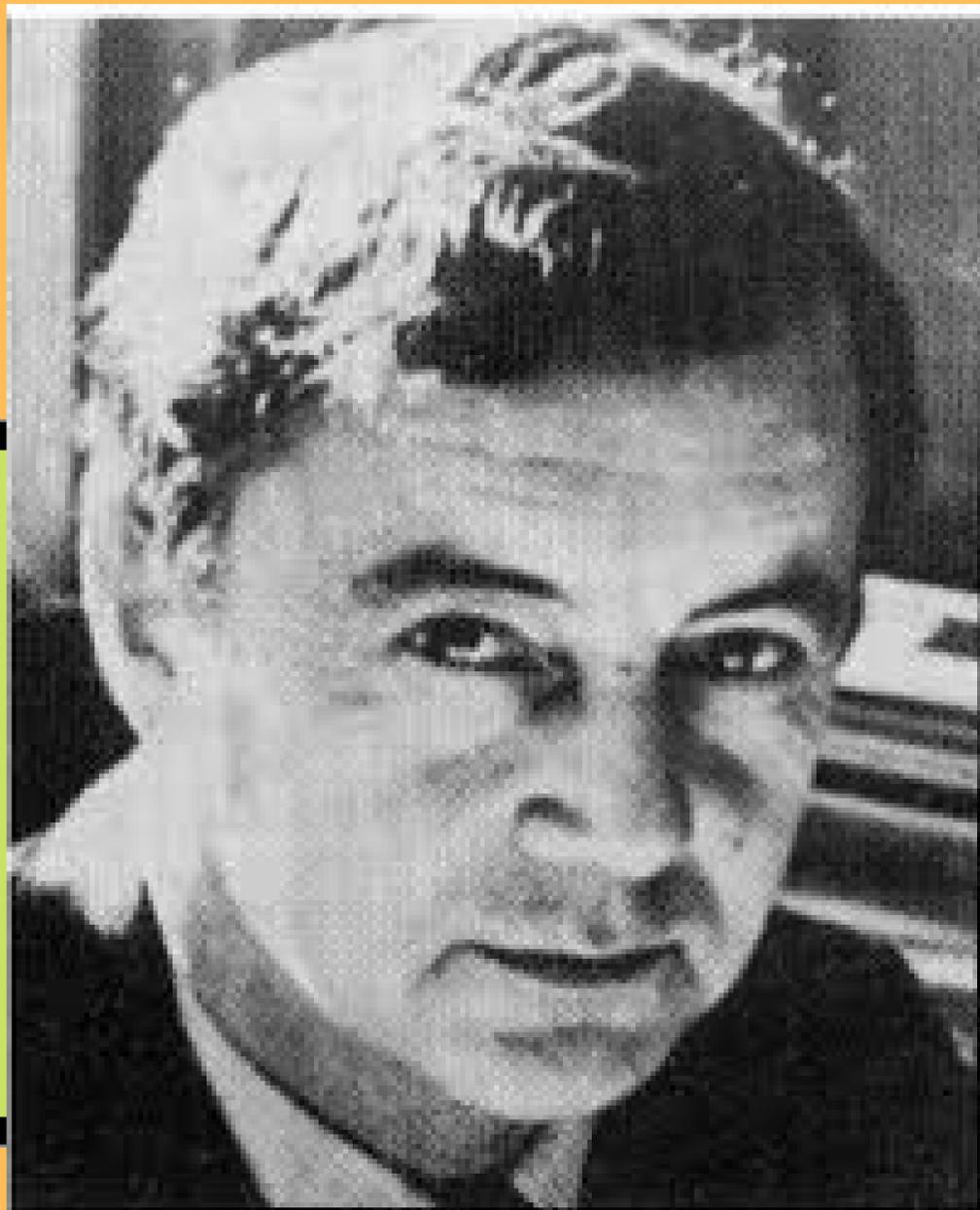
The most established definition of stigma is proposed by one of the most profound social psychologists in the mental health sector, Erving Goffman. Goffman states that stigma is “an attribute that is deeply discrediting” that reduces someone “from a whole and usual person to a tainted, discounted one”. The stigmatized individuals are thus perceived as having a “spoiled identity”.

When a person's identity is discredited by the society, it affects his daily functioning and he tends to isolate himself and hide his problems from the people around him. Such a behavior is not only harmful for the individual but can also take a toll on his caregivers in the future. Thus, stigmatization of mental illness and other issues is topic of major concern and must be resolved so that it helps the citizens of the world to live a happier life.

STIGMA

WHAT IS STIGMA ?

-An attribute that is deeply discrediting
(Erving Goffman, 1963)



Link and Phelan define stigma as the co-occurrence of four processes:

- (1) labeling human differences;
- (2) stereotyping such differences;
- (3) separating those labeled from "us"; and
- (4) status loss and discrimination against

SELF-PERCEIVED STIGMA

People with mental illnesses have long been experiencing prejudice and discrimination. Self-stigma occurs when people internalize these public attitudes/beliefs and suffer numerous negative consequences as a result. Various individuals who live with conditions such as schizophrenia, bipolar disorder, and so on, become vulnerable to endorsing stereotypes about themselves. This endorsement is basically referred to as 'Self-Stigma'. Self-perceived stigma comprises of certain ratifications of numerous stereotypes relating to themselves (such as, "I am dangerous"), prejudice (e.g. "I am afraid of myself"), and this results in self-discrimination.

Once a person internalizes negative stereotypes, they may have negative emotional reactions. Low self-esteem and poor self-efficacy are primary examples of these negative emotional reactions. Self-stigmatization diminishes feelings of self-worth in ways that the hope in achieving the desired goals gets undermined. Thus, the harm of self-stigma manifests itself through an interpersonal process, and ultimately, through poor health outcomes and quality of life

SELF PERCEIVED STIGMA



NEGATIVE
SELF JUDGEMENTS
THAT RESULT
IN SHAME,
GUILT, SELF
REJECTION
AND SELF
LOATHING.



I WILL NEVER
BE NORMAL

I'M ASHAMED
OF MYSELF

NO ONE WILL
LOVE ME

I'M WEAK.

I'M NOT GOOD
ENOUGH



SOCIAL STIGMA

Social stigma refers to societal disapproval, or when society places shame on people who live with a mental illness or seek help for emotional distress, such as anxiety, depression, bipolar disorder, or any mental illness. It is also known as Public Stigma.

The pressure of the social stigma can stem from family, friends, coworkers, and society on a broader level.

It can prevent people who are living with mental illness from getting help, fitting into society, and thereby making them unable to lead happy and comfortable lives. For instance, people who are living with depression are often stereotyped as lazy, while some judge those with anxiety as cowardly.

Many people fear being labeled “crazy” for simply seeking support from a therapist. None of these characterizations are valid, and all of them are misinformed, these actions and words cause pain, and therefore results in preventing people from getting the help they need.



SOCIAL STIGMA

Social stigma is the disapproval of, or discrimination against, a person based on perceivable social characteristics that serve to distinguish them from other members of a society.

HOW CAN STUDENTS BE STRESSED?

STOP ACTING. YOU JUST WANT ATTENTION.

YOU ARE A BURDEN

YOU ARE WEAK

MENTAL HEALTH ISN'T REAL

YOU CAN HEAR VOICES? YOU ARE CRAZY.

HOW CAN YOU BE DEPRESSED IF YOU CAME TO WORK?



PROBLEMS OF STIGMA - GRAHAM THORNICROFT

Considering the three parts of stigma, discrimination is certainly one of the most important aspect because it has the propensity of keeping people out of work, and often implies that people with mental health problems are socially rejected which leads to them being isolated. This then results in loss of confidence and self-esteem, thus being marginalized in society.

One of the implications of stigma and discrimination understandably, is that the people who think they may have mental health difficulties are reluctant to seek help because they fear being given a diagnosis that would damage their reputation. So there exists a belief that even if the treatment to that issue is available, it would not be worth it, because they would not want to be associated as the person with mental health problems. Therefore discrimination can be viewed as the biggest barrier to people which prevents them from seeking help and treatment.

People often choose not to go for help when they begin to have mental health problems, or even after these problems persist for years. The change in such behavior and outlook to psychological issues will take time just as it did in terms of physical disabilities. For example, the widespread introduction of tapered curbs took 10-15 years of sustained campaigning by advocacy groups. The major reductions in prejudice and discrimination can be made, as we strengthen the evidence base, implement interventions based upon the evidence, and have the political and financial will to do so.

ACCORDING TO GRAHAM THORNICROFT

Stigma has 3 different problems

**1) PROBLEM OF KNOWLEDGE
– MIXTURE OF MISINFORMATION
AND IGNORANCE**



**2) PROBLEM OF EMOTIONS
– NEGATIVE FEELINGS TOWARDS
PEOPLE WITH MENTAL HEALTH
PROBLEMS, NAMELY PREJUDICE**



**3) OUR BEHAVIOUR, REJECTION
AND EXCLUDING PEOPLE
WITH MENTAL HEALTH
ISSUES, I.E. DISCRIMINATION**



CYCLE of STIGMA -INDIVIDUAL

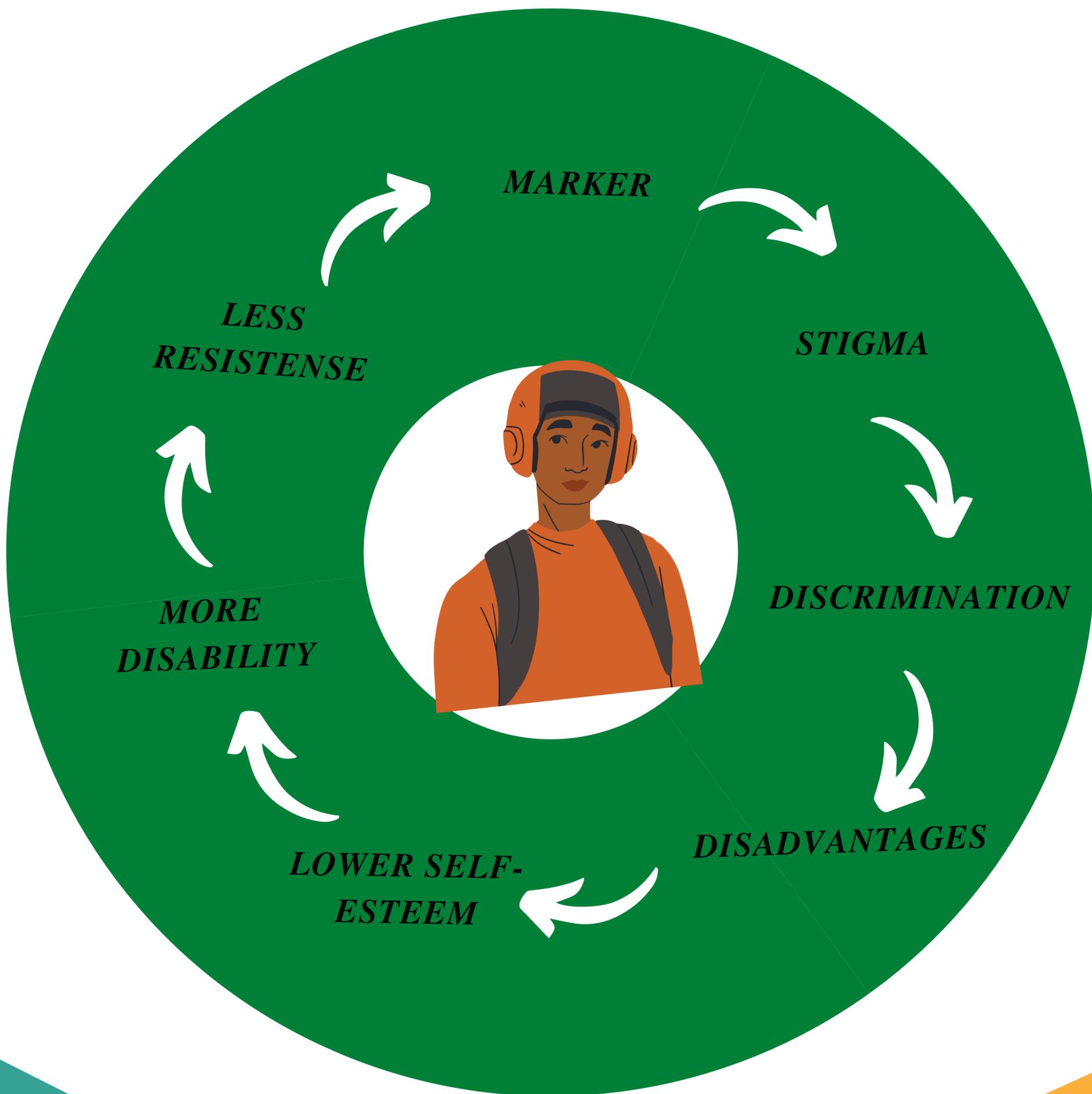
In the cycle of stigma which is faced by an individual, there first exists a marker which basically is the starting point. This point indicates a clearly visible abnormality in the behaviour. This allows the identification of a person as the previously mentioned marker gets loaded with negative contents and gets associated with as well.

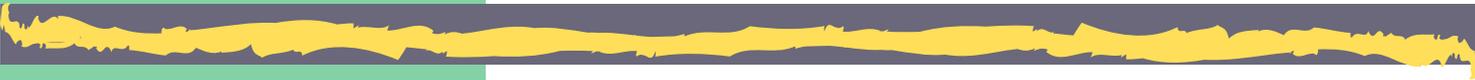
Once the marker is loaded with negative content through information obtained from the press, memories of things seen in the movies or heard in the community in which they reside, the marker transforms into a stigma and affects anyone who has any mental health issue leading to the individual being stigmatized.

Stigmatization may lead to negative discrimination which in turn results to numerous disadvantages such as diminished access to care, poor health services, frequent setbacks that can damage the self-esteem, and additional stress that might worsen the condition of the consumer, and thus amplifies the marker, making it even more likely that the person will be identified and stigmatized.

THE CYCLE OF STIGMA

For the Individual

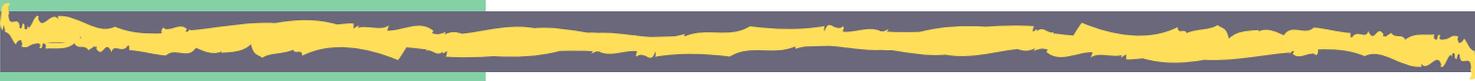




CYCLES of STIGMA- CAREGIVER

The cycle of stigma faced by the family or caregivers of the individual who is going through a mental health issue, is almost similar to the stigma faced by that individual but differs in certain aspects. The shame, guilt and worry that family members feel adds to stress on the group. This group of caregivers including the individual suffering from a psychological issue might just be the parent and the child with the illness or encompass a much larger extended family, close friends, coworkers and/or neighbors.

The increased stress may reduce the individual's or group's reserves which can usually be quantified in terms of the emotional and often financial resources. The reduced reserves means that the family members will have less support in times of need and as a consequence various connections among the family members can be broken or perhaps even irrevocably severed. This increases the stress for all members of the family or social unit which may lead to a relapse or reappearance of the stigmatized illness. They also may as a consequence of the stigma avoid seeking psychiatric help.



THE CYCLE OF STIGMA

For the Caregiver (Family)



CYCLE of STIGMA- INSTITUTION

A huge stigma is faced by the mental health institutions as well. The individual going through some mental health issues for some reason does not opt for treatment and usually the cause for this is the previous stigmatization. Now, since the person in question did not voluntarily go for treatment, the symptoms later in time might get bad which later translates into them being admitted involuntarily often with severe forms of acute psychosis. As a consequence, the psychiatric unit or emergency room can come to be seen by other hospital officials and by the population as a holding area for 'problem patients' for whom psychiatric care can do little.

The deterioration in reputation of the services in the hospital leads to a reduction of funding. This results in the deterioration of services and increasing difficulty to maintain or hire good-quality staff. Poor performance by the staff contributes to the overall negative perception of the psychiatric services. As the reputation of the institution deteriorates, along with proliferating the word of these poor services, those who may be experiencing early symptoms delay treatment, perpetuating the vicious cycle.

THE CYCLE OF STIGMA

For the Mental Health Services (Institution)



STIGMA AT THE WORKPLACE

A Healthy Workplace is inclusive of the physical, emotional, and mental well-being of employees. Awareness and discussion around the mental health of employees in the workplace encourages them to maximize their health potential, workplace productivity, work efficiency, and helps them recover from mental health issues in the long term. Studies in India show an increase in the percentage of employees suffering from mental health-related issues at the workplace and the consequences of their issues.

By revealing issues, people fear isolation, being called abnormal and unfit for a job, or being ostracized. Stigma arises from pre conceived notions and negative attitudes towards mental health. They fear harassment, gossip, and exclusion when at the workplace. This increases rates of absenteeism, bullying, and decreased work efficiency.

To fight this, the main role of employers is to support their employees by creating awareness and open dialogue about issues faced by the employees as well as resources to promote awareness and make mental healthcare services more accessible at the workplace.

STIGMA AT THE WORKPLACE

46%

of the **Indian workforce** suffers from **extreme stress**



Workplace well-being is a state of wellbeing in which a person realizes her or his worth and potential can work productively, can cope with the normal stresses at work, and is able to contribute to her or his organization and to the society

28%

of **work-from-home** employees report **burnout**

they lack the competence to meet workplace demands

they are dangerous and unpredictable! working is not healthy for them!

their employment is just an act of charity



42.5%

private-sector employees of corporate India suffer from depression or general anxiety disorder.

Stigma is the negative attitude or prejudice faced by employees with mental health issues at the workplace, in the form of negative thoughts, emotions, and behavior towards them. This is often rooted in public beliefs concerning mental illnesses and a lack of awareness among people.

2/3rd

employees with depression faced **discrimination at work** or while **applying for jobs**

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Mental
Health
at the
Workplace

While mental health conditions are treatable, yet something that gets in the way of talking about them as easily as we do for physical symptoms is the stigma attached to them. Regardless of how progressive the workplace may be, it is seen that male employees keep silent about their conditions as they hold the view that it may tarnish their reputation, compromise their work relations or even jeopardize their positions. There is a need to consider the issue as a community mental health problem and conversations surrounding mental health at the workplace to be encouraged. Taking a day off for your mental health priorities should be normalized. A body along the lines of peer therapy should be set up and the use of proper mental health terminology should be initiated. Policy-level decisions and evidence-based interventions designed with the support of all stakeholders is the need of the hour.



normalizing taking
off work for a
mental health day



health insurance or
reimbursement for
treatment of
mental illnesses



helpline for any
mental or physical
health support query
of staff



peer-to-peer
counseling network
of employees



MAKING THE WORKPLACE MENTAL HEALTH STIGMA FREE

conversations
surrounding mental
health at the workplace
to be encouraged

use of proper mental
health terminology and
not restrict it to just
workplace stress



policies that show
trajectories to solving
mental health-related issues
and integrate employees
back to the company

providing Dos and
Don'ts, and Activities
that can give relief to
specific mental health
disturbances

GENDER-BASED STIGMA

Wife - *I think we should hire a maid once I start working again. It's getting very stressful for me to manage everything.*

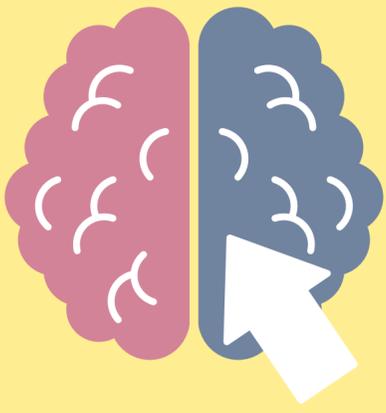
Husband - *How is it stressful? Stop acting so weak and dramatic, it's your duty to manage work and household. We're not doing well financially, it's hard for me too.*

Wife - *Don't start getting emotional. You should be strong for us to live happily.*

Husband - *Even I have feelings.*

Wife - *Be a man, you're the head of the household. Who will take care of us if you don't?*

Gendered notions of mental health tend to escalate different types of stigma faced by men and women. Many such situations occur daily in our country. These are governed by the stigmatized versions of man and woman that society has created. These stigmatized versions portray a woman as being dramatic and demanding if she puts forth her needs whereas, the pressure to “be a man” leaves no room for a man to express his feeling freely. **These expectations result in higher ignorance and negligence towards the mental health of both genders, one being neglected as they are already considered weak and the other being shunned as they are too strong for emotional problems.**



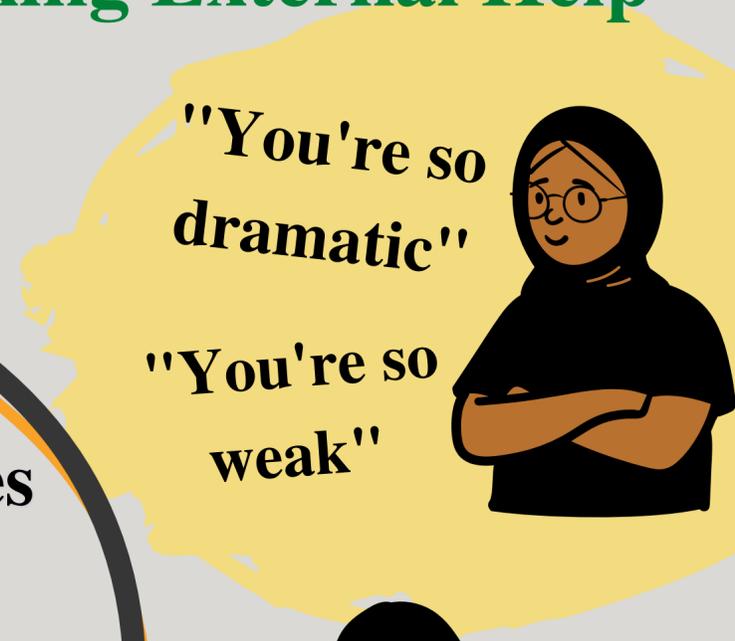
END THE GENDER STIGMA NOW

Women are assumed to be **Overly Dramatic** and **Emotionally Volatile** for feeling basic emotions

Traditional Masculinity does not permit **Male Vulnerability** and **Seeking External Help**

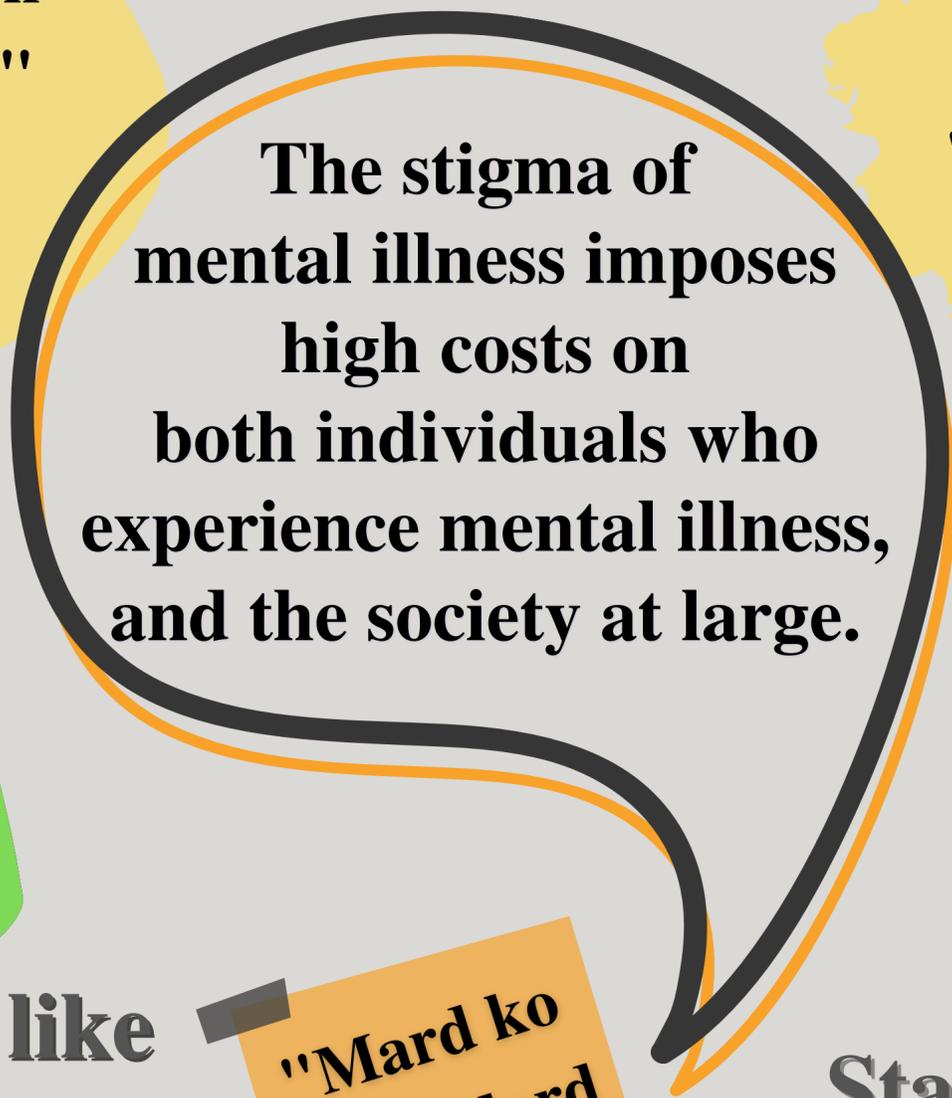


"Real men don't cry"

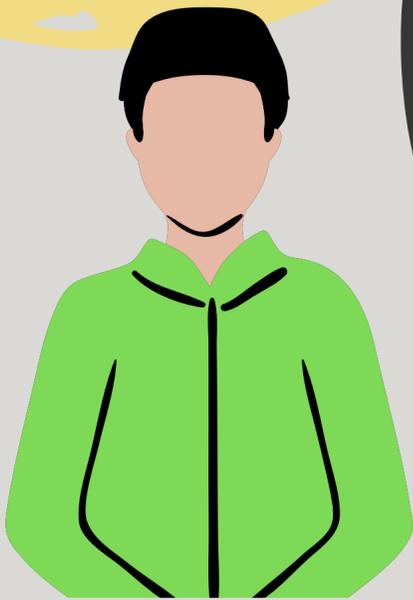


"You're so dramatic"

"You're so weak"



The stigma of mental illness imposes high costs on both individuals who experience mental illness, and the society at large.



Statements like **"Be a Man"** set impossible expectations and standards for men.

"Mard ko kabhi dard nahi hota"

Statements like **"don't be so Hysterical"** trivialize women's issues

NORMALIZATION

Normalizing refers to an activity in which something in general interaction is made normal by labeling it 'normal' or following the social norm by interpreting it in an ordinary way. The stigma attached to mental health issues may be receding in general, but that doesn't mean the struggles are easy to talk about—especially when they are personal, yet by allowing conversation one gives people the ability to talk, relate and seek help from a mental health professional. Normalizing helps effectively engage, and de-stigmatize. It is now becoming increasingly imperative to understand that mental health is as important as physical health, which is difficult since history has always shown it as a taboo. Normalizing also brings to light the people who are actually suffering silently.

Normalization comes with its cons, it sometimes blurs the line between a serious condition and emotions. For example, if a student is feeling nervous and anxious before an exam, he might say that he has generalized anxiety disorder. This takes away agency for someone who is actually suffering from such a condition, making it difficult to talk about it. This defeats the purpose of normalization.



WHAT IS NORMALIZATION?

A PROCESS WHERE WE TRY TO BREAK STIGMA BY CREATING A SAFE SPACE FOR PEOPLE TO TALK ABOUT MENTAL HEALTH AND; INITIATING CONVERSATION ABOUT MENTAL HEALTH

IS IT GOOD OR BAD? - BOTH

BUILDS A LARGE NETWORK FOR PEOPLE WHO ARE STRUGGLING TO KNOW THAT THEY ARE NOT ALONE AND THAT THEY CAN SEEK HELP

REINFORCES MISUSE OF MEDICAL TERMINOLOGY LIKE OCD, DEPRESSION WHICH BLURS THE LINE BETWEEN SEVERE MEDICAL CONDITIONS AND EVERYDAY EMOTIONS

Impact of Influencers

Many people end up putting celebrities on a pedestal, this leaves them to be perceived as being immune to unhappiness, this promotes the incorrect idea that mental illness or issues are limited to a certain demographic. When celebrities come forward about their mental health issues, it often stands as an inspiration for others to talk about mental health issues. The more people talk about it, the less prominent the stigma becomes.

When celebrities look down upon mental health and take it lightly it increases the stigma around mental health. When celebrities talk about their experiences of mental health, the audience becomes more aware and has a greater influence on people and inspires people suffering from mental health issues to seek help. Influencers have the social standing to shape the thoughts and beliefs of a larger audience, and social media helps them do that. If misused, this ability proves to be harmful.



IMPACT OF INFLUENCERS



Deepika Padukone  

Anxiety, Depression and Panic Attacks are not signs of weakness. They are signs of trying to remain strong for way too long.

RETWEETS 1,904 FAVORITES 3,320

11:48 am · 31 Dec 2014

 Tweet



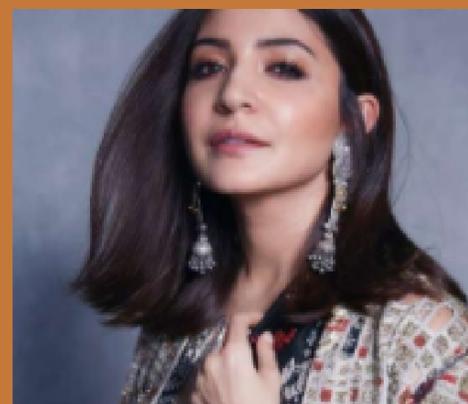
Deepika Padukone  

@deepikapadukone

Repeat after Me:
Depression is Treatable.

Repeat after me:
Depression is Curable.

Repeat after me:
Depression is Preventable.



When celebrities talk about their experiences of mental health, the audience becomes more aware and have a greater influence on people and inspires people suffering from mental illness to seek help. These celebrities can be appointed as mental health advocates as they have the power to influence people.

MisRepresentation

Representation refers to the depiction or portrayal of something in a particular manner. Misrepresentation refers to the false representation of an issue. The portrayal of mental health issues through social media can contribute to stigma towards mental illness. Studies consistently show that both entertainment and news media provide overwhelmingly dramatic and distorted images of mental illness that emphasise dangerousness, criminality and unpredictability. They model negative reactions to the mentally ill, including fear, rejection, derision and ridicule.

Media images of mental illness can influence public knowledge and attitudes about mental illness. Elements of our daily life often coexist with content associated with mental illness (e.g., eating disorder and depression-related hashtags), which itself is expressed as an everyday and routine, rather than deviant, by association. Reinterpretation by audience members and participants leads to instigation or dissuasion of stigma. Apart from the stigma instigated through online communities, misrepresentation occurs through spreading of myths and misinformation by means of cinema, fake quizzes and articles, misleading videos etc.

MISREPRESENTATION

Misrepresentation refers to the negative portrayal of an issue.

The portrayal of mental health issues through social media contributes to stigma against mental illness

Numerous factors contribute to the misrepresentation of Mental Health which further adds on to stigma like -



Cinema



Fake quizzes
& Articles

What Kind of Disorder Do You Have?
Narcissistic Personality Disorder?
Depression? ADHD? Let's find out!



Created by Alexis
On Oct 24, 2018



Glorification

Glorifying mental illnesses is simply putting them on a pedestal. The idea that mental illnesses are something to be admired or something to look upto is glorifying mental illnesses. For example, certain connotations like linking high IQ to having some mental illness (the concept of mad genius), or the idea that having a mental illness like depression is necessary to become a successful artist (the concept of depressed artist). Glorification of mental illnesses is not only unhealthy but also a misconception to what mental illnesses really are.

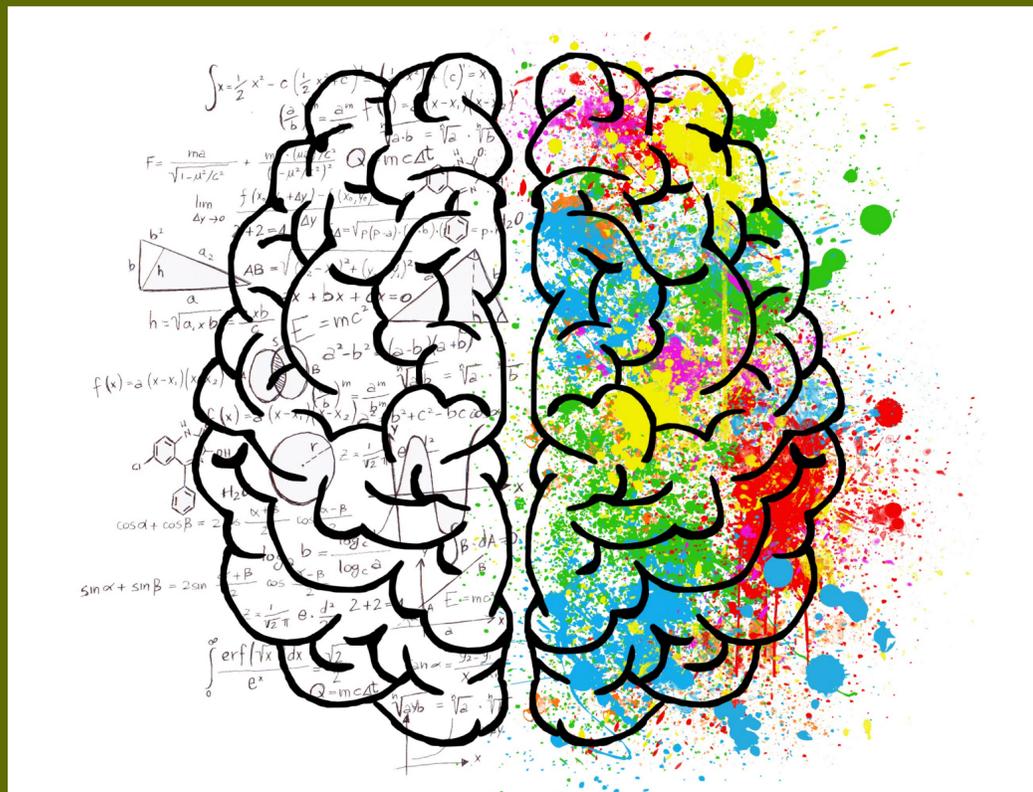
Romanticising mental illnesses is making mental illnesses seem desirable and beautiful. For example, when teenagers post aesthetic pictures on social media with quotes which depict mental illnesses in a tragically beautiful manney or as something very pleasing or alluring is romanticising mental illnesses. Such instances can have a negative impact on the understanding of what mental illnesses really are.

Glorification of mental illnesses tends to undermine the seriousness of symptoms and the difficulties faced by people with a diagnosis.

GLORIFICATION AND ROMANTICISING OF MENTAL ILLNESSES

Glorification is the act of describing or representing something as admirable, unjustifiably.

Romanticising is making something seem better than it actually is.



Mental illnesses are glorified and romanticised on social media and in movies! For eg: in 'Rockstar', the protagonist is told that he needs to be depressed to become a successful singer.

On social media, for example, teenagers romanticise mental illnesses by posting quotes and images on depression and anxiety as though they are "tragically beautiful" or "cool".

How To Fight Stigma **Around Therapy**

There's no shame in seeking help, instead, it is an important step towards improving the quality of life. If someone were feeling physically ill and went to a doctor, we would not think that the action made the person weak.

Rather, going to a doctor is a natural response to a physical ailment. In the same way, if a person is dealing with an emotional or mental challenge, therapy is an appropriate and reasonable response.

One of the fastest ways to erase the stigma associated with therapy is to realize that we are not alone. We may not realize just how common it is to seek some form of professional help, whether it is to work on an intimate relationship or process through childhood trauma.

HOW TO FIGHT STIGMA AROUND THERAPY

Going to a therapist when you are feeling overwhelmed is as normal as going to the doctor when you have flu

Educating yourself and others on the topic

There's no shame in seeking help



Being conscious of the language you use when discussing topics pertaining to mental health

Encouraging equality between physical and mental illness

**IT'S
OKAY
TO
ASK
FOR
HELP**

Reaching out can be hard, but it's not impossible



Support Groups

People having some problems regarding physical, mental, or emotional, come together to share, care and help the needy ones to open up, vent out, or to come out of their burnouts. They learn and understand many of their unanswered questions, find ways and remedies and get acquainted and awareness and insight are developed. They find new ways and hope to live a quality life.

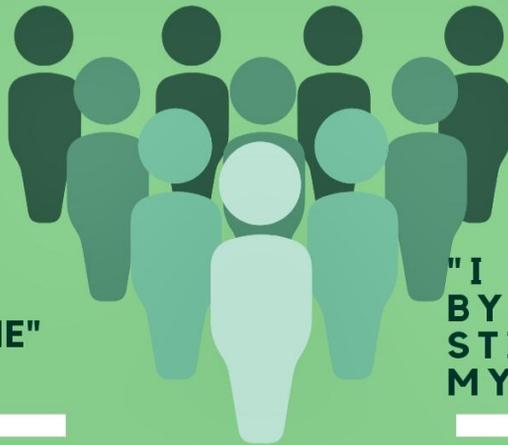
A very important factor in dealing with most mental illnesses is to overcome self-stigma - these groups play a vital role in reducing Stigma. This is the power of a support group.



SUPPORT GROUPS

A GROUP OF PEOPLE WITH SIMILAR PROBLEMS WHO MEET REGULARLY TO PROVIDE EMOTIONAL AND MORAL SUPPORT, ADVICE AND INFORMATION TO ONE ANOTHER

Support groups are believed to help combat self stigma



"I'M NOT ALONE"

"I FIGHT STIGMA BY NOT HAVING STIGMA FOR MYSELF"

EXPERIENCE SHARING HELPS IN ALL ROUND WAYS.

PEOPLE WHO HAVE BEEN TAUGHT THAT MENTAL ILLNESS STEMS FROM PERSONAL WEAKNESS OR WHO HAVE ENCOUNTERED OTHER STIGMATIZING OR DISCRIMINATORY BELIEFS CAN LEARN OTHERWISE IN A SUPPORT GROUP

MYTHS ABOUT MENTAL **HEALTH ILLNESSES AND** **THERAPY**

Myth: Most of the people bearing mental health problems are angry-man, violent, and unpredictable.

Fact: Most people with mental illnesses are not violent and only 3-5% of violent acts can be attributed to people suffering from a serious mental illness. People with severe mental illness are more than 10 times more likely to be victims of violent crimes than the general population.

You probably know someone with a mental health problem and you don't even realize it, because many people with mental health problems are highly active and productive members of our communities.

Myth: ECT causes brain damage and may reduce intelligence or change the personality.

Fact: ECT does not cause brain damage. It may cause a temporary memory lapse of events around the course of ECT.

ECT does not affect personality or overall intelligence.

Myth: There is no hope for people with mental health problems to get recovered. Once a friend or family member develops mental health problems, they will never recover.

Fact: Studies show that people with mental health problems improve and many heal completely. Recovery refers to the process by which people can live, work, learn, and participate fully in their communities. There are more treatments, services, and support systems for the community than ever, and they work.



MYTH

VERSUS

FACT

OF MENTAL ILLNESSES



People with mental health problems are violent.

ECT will change one's personality.

People don't recover from mental illnesses



Only 5% of violent crimes are related to serious mental illness.

After ECT, patients may feel more like themselves once symptoms have improved

Mental illness patients can and do lead productive, engaged lives.

Therapy and Stigma

Therapy is a very useful tool that can help people develop coping skills and process emotions and feelings. But for some, the negative stigma that surrounds therapy sessions is a major deterrent to seeking help.

It shows that more often than not, the majority of people dealing with mental health issues don't even get the appropriate care they need.

THERAPY AND STIGMA

Normalise Therapy



Going to therapy will
make me weak

Between 30 and 80 percent people with
mental health concerns don't receive
treatment, according to a report by
WHO



The people around me
won't be supportive or
understanding

END THE STIGMA NOW



DO'S AND DON'TS

People suffering from mental illness problems are among the most stigmatized and vulnerable members of our society.

There should be a positive view of mental illness to reduce stigma for those experiencing mental health problems making it easier for them to ask for help.

To show support for someone we are talking to, it's important to not only be aware of their nonverbal cues, but also our own. Empathy allows humans to experience concern for others and help them with their problem, one can do this by becoming more sensitized to others, listening with an open mind. People with mental health problems should be encouraged to seek professional help. A lack of awareness, education, perception, and a fear of people with mental illness can all lead to increased stigma.

Educating yourself and others about mental illness, symptoms and treatments is important. Certain behaviours that might trigger a person with mental health problem includes mocking them, confrontation, use of insensitive words, criticizing and humiliating comments, questioning about medical decisions should be avoided.

DO'S AND DON'TS

Mental disorder stereotypes and corresponding stigmatizing behaviours lead to individuals with mental illness being considered as

- homicidal maniacs that need to be feared,
- childlike and indecisive
- irresponsible to make life decisions



Do's

- Listen with an open mind
- Showing affection and empathizing can be helpful
- One should be aware of the verbal and non verbal signs
- Encourage to seek professional help.
- Be supportive
- Educate yourself and others.

Don'ts

- Questioning medical decisions
- Avoid making comments such as “You’re fine” or “Cheer up”
- Avoid insensitive and hurtful words
- Don’t assume you know what the person needs.
- Avoid confrontation

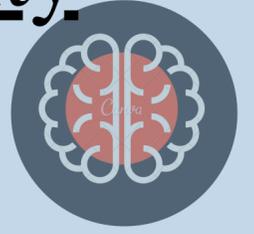
CONSIDERATION OF THE INTERSECTION OF DISABILITY

The large numbers of people with mental illness in jails and prisons has fueled policy concern in all domains of the justice system. This includes police practice, where initial decisions to involve persons in the justice system or divert them to mental health services are made.

In India, Under Section 27 of The Mental Healthcare Act, 2007, to provide for mental healthcare and services for persons with mental illness and to protect, promote and fulfil the rights of such persons during delivery of mental healthcare and services and for matters connected therewith or incidental thereto. A person with mental illness shall be entitled to receive free legal services to exercise any of his rights.

This has been incorporated in the Mental Healthcare Act too which lays down that every person suffering from mental illnesses has a right to live with dignity. Moreover, such persons also have the right to be protected against cruel, inhuman and degrading treatment in any health establishment.

Consideration of the Intersection of Disability



- 1. Out of all the people who make daily phone calls in police station, 10% are mentally ill and then too police officers are poorly trained to handle these situations.**
- 2. Police officers are often seen making fun of mentally ill people, because of which these people don't reach out more often.**

Proper training of the police officers and proper laws by judiciary can ensure better treatment of mentally ill people and remove the stigma around it.

A person with mental illness should be entitled to free legal services to exercise any of his rights under the legal services authority act, 1987.



INTERVENTIONS TO DESTIGMATIZE MENTAL HEALTH IN EDUCATIONAL INSTITUTIONS

- **Educational institutions neglect the importance of mental health as certain unaware teachers shame students having mental health issues by isolating them and calling them out.**
- **To curb this stigma, a number of interventions and programs can be implemented on school and personal level.**
- **Psycho education and awareness campaigns are such programs that educate teachers and students about the importance of mental health and the ways in which one can approach various remedial treatment routines for the same.**
- **Learning disability screening must be compulsorily conducted in all schools and at all grade levels so as to identify the students having learning or intellectual disability. This ensures complete coverage of treatment and ending the stigma surrounding them.**
- **Students should be provided with counselling services as it promotes a safe and protected space to approach experts who can give the necessary treatment for their respective issues. These measures ensure a destigmatized zone for students to grow.**



INTERVENTIONS TO DESTIGMATIZE **MENTAL HEALTH IN** **EDUCATIONAL INSTITUTIONS**

1. **Psycho education** for teaching the importance of mental health wellness to all students and teachers.
2. **Mental Health** should be included compulsorily in the school syllabus so as to impart knowledge about mental illnesses, their symptoms and their respective remedial programs.
3. **Learning Disability Screening** should be conducted as it identifies students suffering from any learning or intellectual disability.
4. **Counselling Services** should be available in all schools so as to provide students a safe and comfortable environment to approach professionals.
5. **Awareness Campaigns** increase the exposure to students and parents to understand the importance of mental health and how to seek treatment for the same.



CONSEQUENCES OF STIGMA

Attaching stigma to mental illness originates among other factors from a lack of mental health literacy and insufficient public display of positive treatment outcomes, which both reinforce stigmatization and perceived discrimination by the public and often makes them prone to severe consequences such as significant loss of self-esteem, self-stigmatization, reduced job opportunities, and social exclusion.

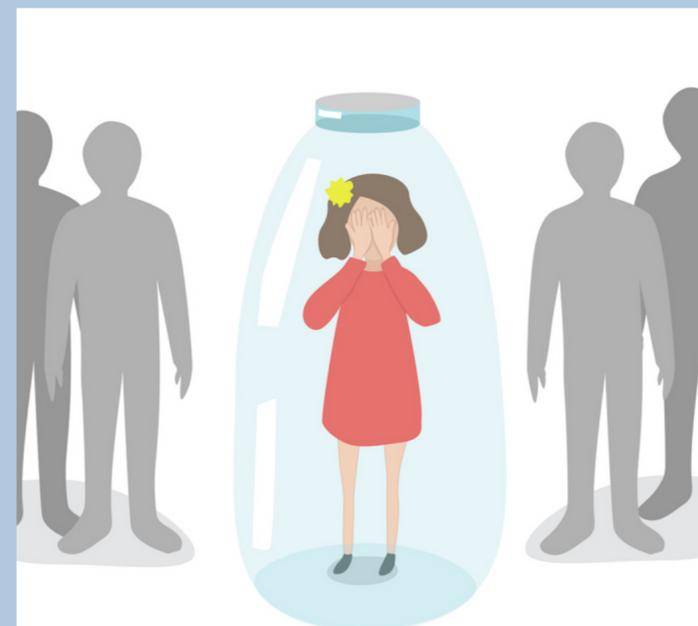
Social withdrawal either due to a loss of self-esteem or self-stigmatization often constitutes a substantial obstacle to the early detection and adequate treatment of mental illness, thus reinforcing a vicious circle of stress and reduced social functioning for the individual and that negatively affect self-perception and active coping behavior.

One essential factor of perceived stigma is the experience of anticipated discrimination, the expression of expected societal rejection, from which individuals with mental illness suffer, further leading to loss of self-esteem, social withdrawal, demoralization, a decrease in help-seeking behavior, and lower quality of life as well as secrecy about mental illness.

CONSEQUENCES OF STIGMA



- **DELAYED HELP-SEEKING BEHAVIOURS**
- **RELUCTANCE TO UTILIZE PSYCHIATRIC TREATMENT**
- **HIGHER RATES OF PERCEIVED STIGMA**
- **STIGMA SELF-LABELLING**
- **PERCEIVED DISCRIMINATION**
- **EXPECTED SOCIETAL REJECTION**
- **SOCIAL WITHDRAWAL**
- **DEMORALIZATION**
- **LOWER QUALITY OF LIFE**



The Untold Epidemic: Mental Health during Covid-19

The COVID-19 pandemic has been a testing time for all of us around the world. The sudden emergence of this pandemic brought our lives to a standstill. Many people even describe their experience of living in a pandemic as a nightmare as it felt distant from reality!

Since the effects of the virus could be felt everywhere around the world, people began connecting to each other through their feelings of helplessness, uncertainty, loss and grief. This refers to collective trauma which is an entire group's psychological response to a traumatic event.

Adapting to sudden lifestyle changes such as wearing masks and following the rules of physical distancing made everyone's experience of the pandemic tough. Physical distancing took a toll on people as they were caught between prioritising their safety and having to manage the disconnect that they felt from each other and from meaningful social resources. People also experienced stress in doing mundane activities like grocery shopping or going outside for walks due to the threat of contracting the virus.

However, the pandemic also helped people prioritise their health. Self care- in the form of exercise, therapy, sleep, creative outlets for stress, etc while distancing- became a focus for many and was often recommended by professionals! Technology also came to our rescue as we connected with each other, learnt and adapted as a society.

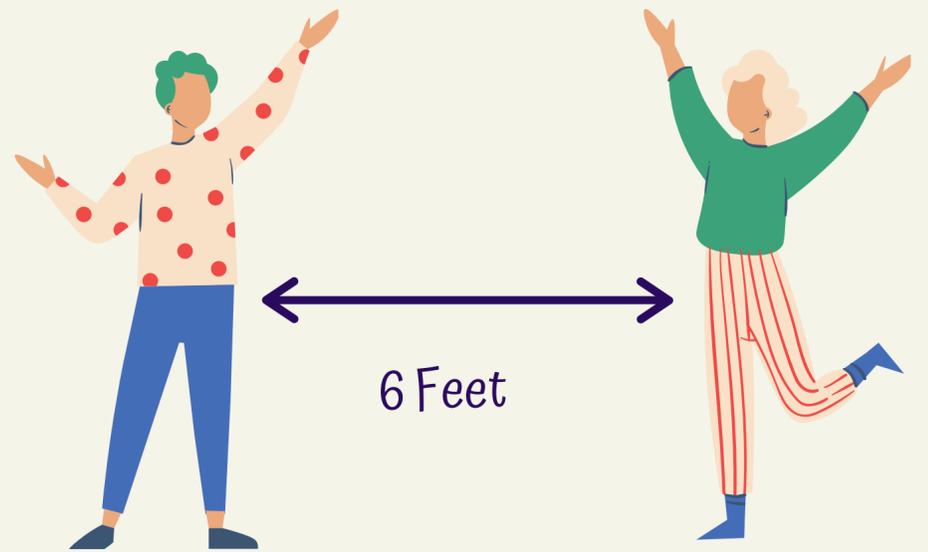


The Untold Epidemic: Mental Health during Covid-19



COLLECTIVE TRAUMA

Covid-19 is a public health emergency that poses medical, economic, social and psychological challenges. It has caused a widespread collective traumatic response as the threat to life and safety is common to all.



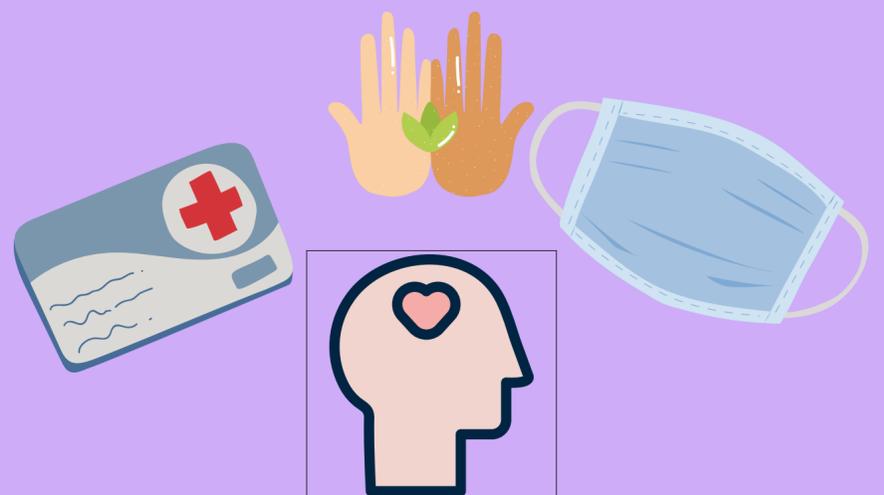
IMPACT OF PHYSICAL DISTANCING

Having to isolate in the face of an invisible virus has triggered feelings of loneliness. Individuals feel disconnected from one another as they are deprived of meaningful social resources.



FEAR AND DISTRUST AMONG PEOPLE

Uncertain prognoses, looming severe shortages of resources for testing and treatment, restriction of personal freedoms, conflicting messages from authorities and misinformation have led to people experiencing anxiety and distress.



COMMUNITY RESILIENCE

Indulging in self care and sense of shared experience can lead to building up of resilience. Fostering interconnectedness while maintaining physical distancing may be key to reducing distress in the face of collective trauma.

Mental Health Footprint of Covid-19

"People think that talking about your feelings makes you weak - there are a lot of misconceptions."

- Baldev Singh, Volunteer Counsellor.

Social support in collective cultures like that in India does not protect people from familial stigma. This means that the entire family bears the “burden” of the shame that is commonly associated with mental health problems.

"There came a time when I completely lost my appetite. I could not eat for 10-11 days. Neither could I sleep properly"- Shagun

"I have had more panic attacks this year than in my entire life combined."- Paul

Increasing cases of anxiety, depression, domestic abuse, substance abuse, and suicidal thoughts are an unfortunate side effect to the pandemic. Covid Stress Syndrome helps express this distress experienced by the general and vulnerable populations.

The trauma of the coronavirus pandemic does not only trigger the symptoms of mental illness among new sections of the population, it also simultaneously worsens the symptoms of those who are already living with mental health disorders. Thus, the rapidly evolving COVID-19 crisis has placed a burden on the mental health system.

Mental Health Footprint of Covid-19

For General Populations :

The changes made to daily life to mitigate the spread of the virus has led to negative psychological outcomes for the population.

The general public's mental health is dependent upon:

- Severity of Covid-19 outbreak
- National Economy
- Government Preparedness
- Proper Dissemination of information
- Availability of medical facilities

For Vulnerable Groups :

Individuals with pre-existing mental health issues are sensitive to the external stressors caused by the pandemic, such as social isolation, fear, anxiety and trauma.

Covid-19 led to significant disruptions in mental health provisions in India. Inability to access needed psychotherapeutic has worsened pre-existing conditions.



20% increase in the occurrence of psychiatric illness in India.



Covid Stress Syndrome

- Danger or Contamination Fears
- Socioeconomic Concerns
- Stigmatisation
- Traumatic Stress
- Compulsive Checking

Stop the Spread of Stigma. Reduce the Risk.

"Someone wondering if he is positive for COVID is like having a stigma and something that is threatening his life."

- Dr. Konstantinos Petsanis

Society's negative attitude towards a person's condition often causes them to view their illness as central to their identity. The illness becomes their entire world and they forget that their identity is shaped by so many more aspects to their personality. Referring to individuals who have contracted the disease as "Covid-19 cases" dehumanises them and makes people believe that they have done something wrong. This only furthers the social stigma and ensures that the cycle continues!

"More than Covid, it's the loneliness, anxiety and depression which affects you"

-Dr. Rishoth, Chennai

Testing positive for COVID 19 can be extremely stressful not just because of health concerns but also because of the fear of being labelled and avoided socially. Awareness around the novel coronavirus will help to tackle widespread misinformation and treat patients with empathy.

Physical distancing has made it even more important to maintain social connect and mental well-being! Stigma around mental health in such cases prevents people from seeking out mental health services and support from family and friends which can worsen their symptoms.

Remember: The stigma around COVID-19 is just as dangerous as the disease itself.

1 IN 5 COVID-19 PATIENTS DEVELOP MENTAL HEALTH PROBLEMS



- Being diagnosed with a novel, life threatening virus can induce stress and anxiety.
- Having to isolate emphasizes feelings of loneliness without the comfort and support of loved ones.
- The experience of a life threatening illness can be traumatising.
- Being stigmatised for testing positive takes a psychological toll on people.



**Stop the Spread of Stigma.
Reduce the risk.**



SURVEYS

- HOW PEOPLE PERCEIVE MENTAL HEALTH
- MEDIA DEPICTION OF MENTAL HEALTH AND STIGMA



SURVEY ABOUT HOW PEOPLE PERCEIVE MENTAL HEALTH



This survey was aimed to collect data to get an understanding of the different views of people on mental health. It covered participants from various states, speaking different languages and were of varying ages. The respondents were mostly from higher socio-economic backgrounds and were educated. The survey indicated that these people were fairly aware of mental health concerns and the treatment of the same.

OBJECTIVES OF THE SURVEY

1	2	3	4
Words and phrases used to describe people going through mental health problems	To explore the attitudes towards mental health	To know about the various feelings of people towards mental health and related issues	To explore people's opinions about mental health and identify various stigmas associated with the same.

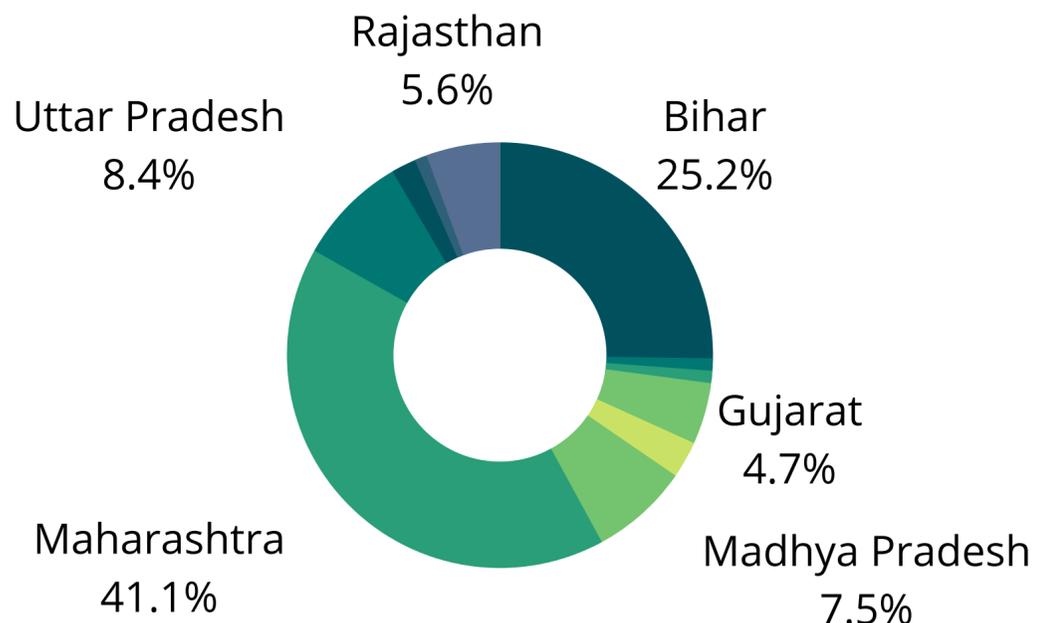
States covered under the survey:

Languages spoken by the participants:

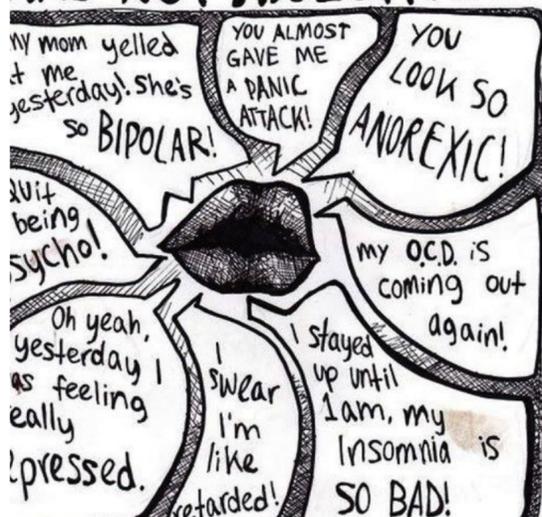
English, Hindi, Marathi, Gujarati, Urdu, Marwadi, Malyalam, Kannada, Tamil, Kumaoni, Odiya, Punjabi.

Age group:

A representation was maintained across various age bands within 18- 60 with a majority representing the band between 18-30.



MENTAL DISORDERS ARE NOT ADJECTIVES.

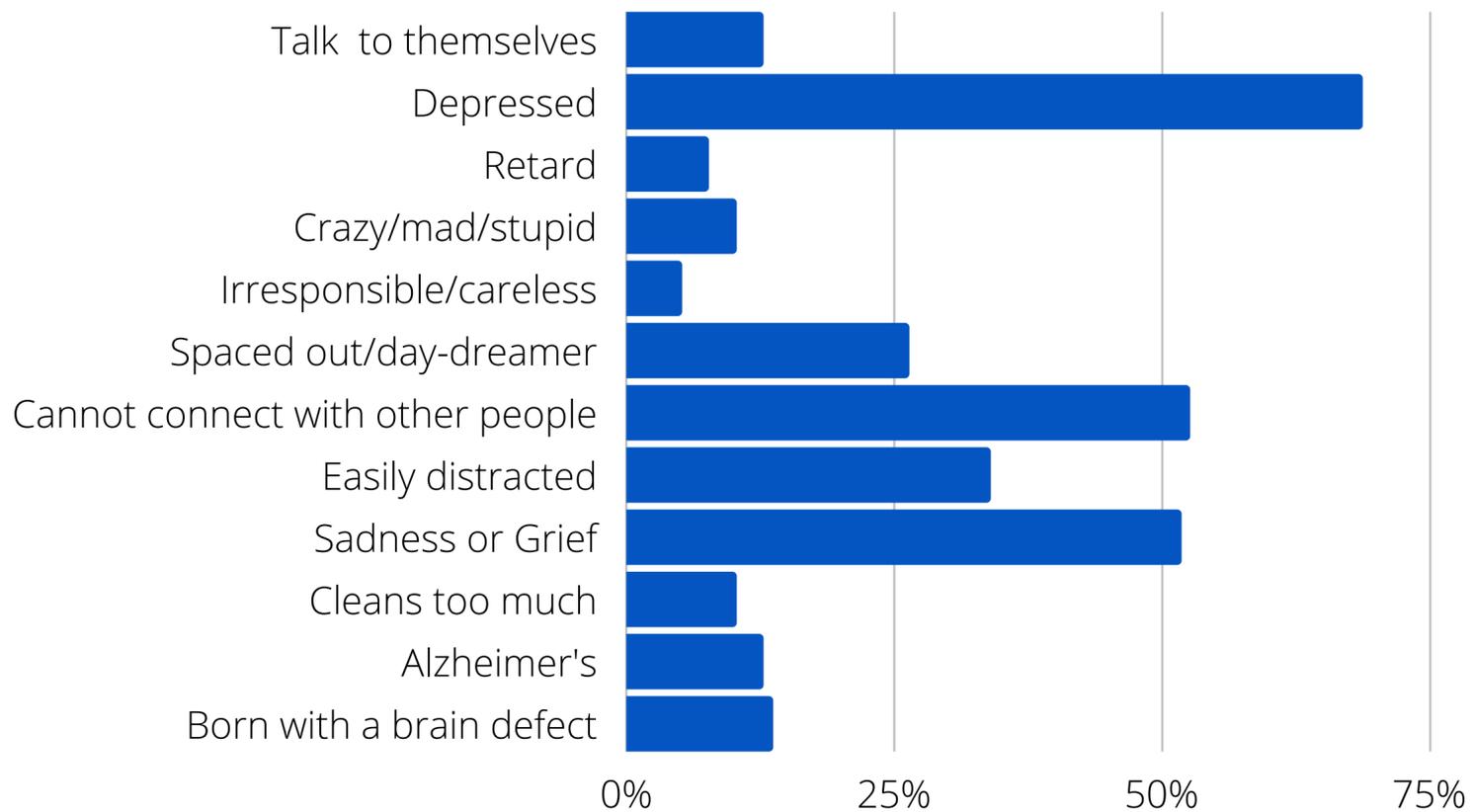


Derogatory words

Most frequent words or phrases that people have used or have heard are depressed, disabled, mentally unstable, mentally disturbed, mentally sick/ ill, abnormal and mental patient. Some of the other words and behaviours typical to people with mental health issues reflected by the participants included psycho, crazy, crack, mad, attention seeking, lost in thought, over acting, scary, weird and lonely. Yet other phrases used in local languages included - 'bhooth hai isme', 'manda', 'pagal', 'sanki'.

Attitudes

Attitudes of people towards people with mental illness.



Most people link mental illness with symptoms of severe mental illnesses like- an inability to connect with others, cleans too much, sadness and grief, easily distractable, spaced out, talk to themselves. Having depression or being depressed was used most to describe a person with a mental illness (68.6%). People also described mental illness as a consequence of hindrance in brain development. About 23 % of the participants used one of the following terms such as 'retard', crazy/mad/stupid' or 'careless/irresponsible to describe people with mental illnesses, suggesting there is moderate level of stigma attached to these illnesses in the urban population.

Attitudes in the public space

53%



About 41.5% of the participants were neutral and 37.3% disagreed when asked about a person with mental health issue is more likely to harm others. 53.4% strongly disagreed when asked about keeping a safe distance from people going through mental health problems.

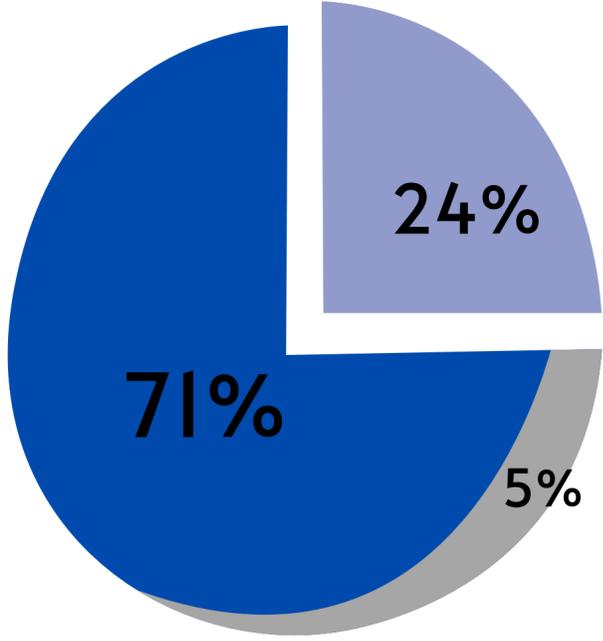
Attitudes in workplace

67%



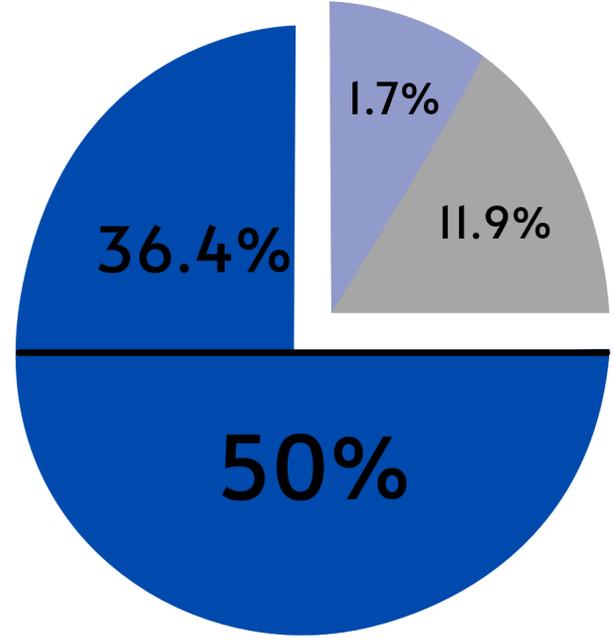
61% do not believe that people with mental illnesses are not responsible workers and only 17% of the participants agreed to not trust the work of a person going through a mental health problem.





Seeking therapy for mental health issues is shameful.

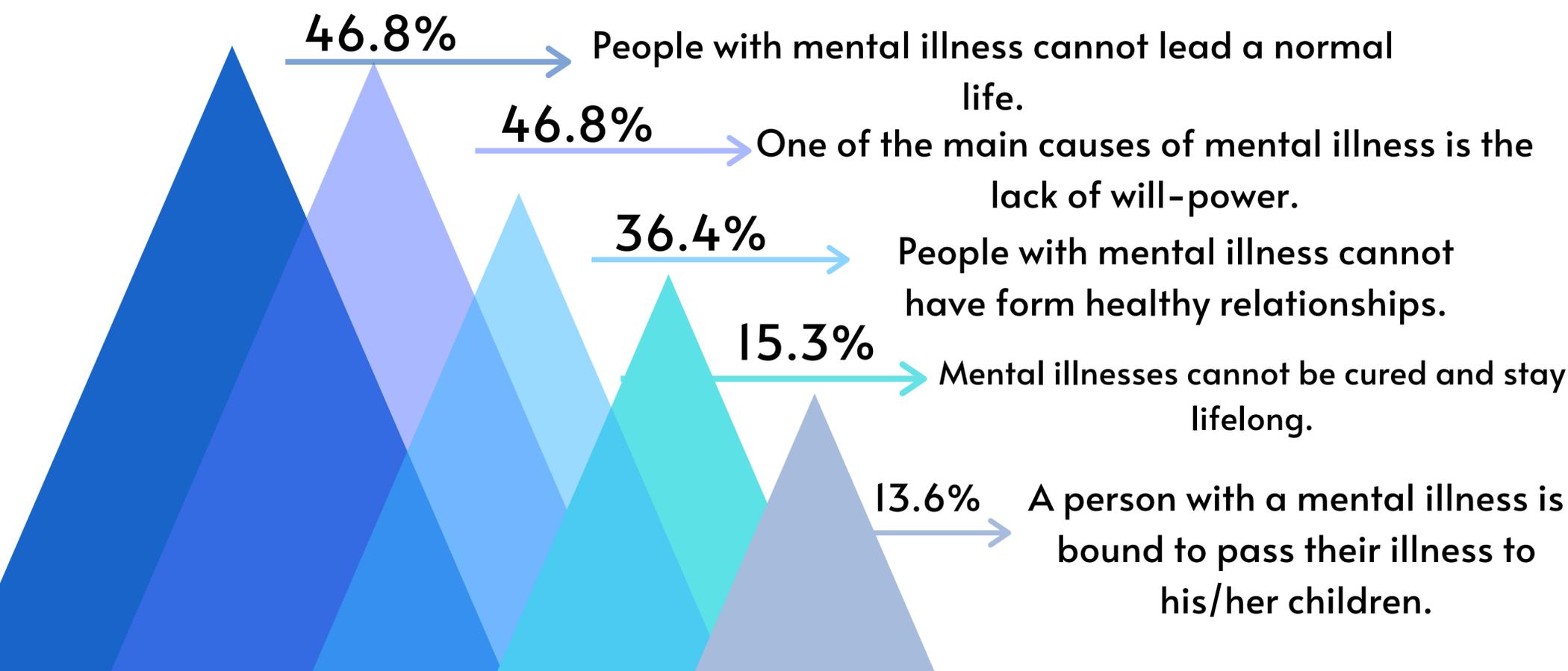
About 71% of the participants strongly disagreed on seeking therapy being shameful. On the other hand only 50% strongly agreed if they would visit a therapist if need be, showing that even though they do not think of seeking therapy is shameful, they are hesitant to seek help if they are going through a mental health issue.



Would you visit a therapist if you had a mental health problem



The respondents of this survey showed feelings of empathy (60%) and sympathy (55.1%). The feeling of annoyance was least depicted in the survey.



The most commonly heard opinions about people with mental illnesses are that they cannot lead a normal life as they are not able to form healthy relationships and that one of the main causes of mental health issues is the lack of will power.

PERSONAL EXPERIENCES

Most people mentioned about them seeking help or having overcome mental health issues themselves which had an impact on their perception on mental health.



FAMILIAL AND SOCIETAL AWARENESS

These have contributed immensely as people are now open to talk about mental health and interaction with people who have gone through or are going through mental health issues has changed opinions as people saw their point of view which sanitized them with other people's issues. Having open conversations with family & friends has played a part in making people aware about the interconnectedness of mental and physical health



MEDIA AND INTERNET

The internet has made research and other information easily accessible and social media and others means of media have encouraged people to share stories of what they went through which normalized the issues related to mental health



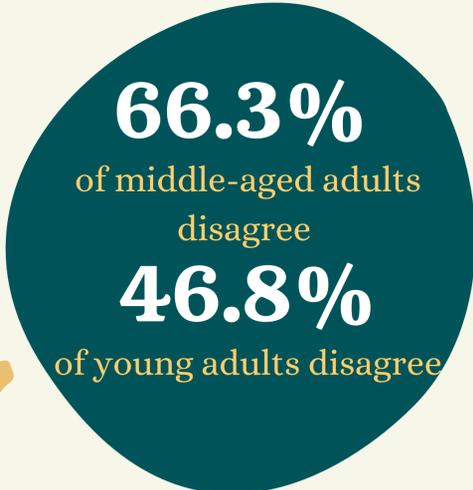
COVID 19

The ongoing pandemic has changed the understanding of mental health which not only includes mental illnesses and its associated treatment but also broader concepts like the biological, social and psychological reasons for the development of these issues. It has reflected on how mental health consists not just of mental illness but also holistic well-being of individuals.



Media Depiction of Mental Illness and Stigma

Today, mental illnesses are being glorified; they are thought of as cool or trendy and are being portrayed as glamorous. We asked people whether the usage of substances by creatives adds to their stardom.



Over **50%** of people believe that media depicting violence in those with mental illnesses is generally accurate

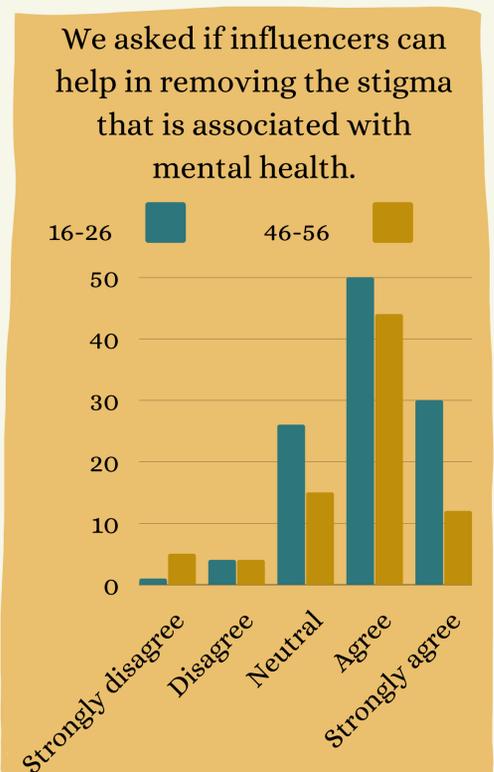
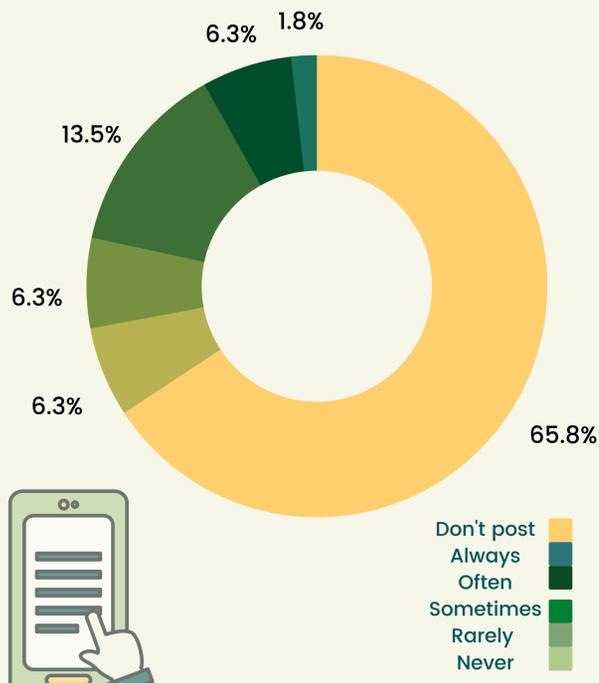
Memes are images, videos or texts that are typically humorous in nature and are spread rapidly on the internet. Memes on mental illnesses have become very popular; they portray depression, anxiety, stress, and suicide.

Engagement with MH

95% of middle-aged adults
88% of young adults don't think engaging with a mentally unhealthy person will harm them in some way, while over **80%** of them would be happy if they became close friends.

72% of young adults & **68%** of middle aged adults think that memes make too much light of mental illnesses

Perception of Acceptance of Sadness and Stress on Social Media



Online social networking has caused profound changes in the way people communicate and interact. Some view it positively and use it to express their own views and feelings.



Words young adults hear wrongly used most often:

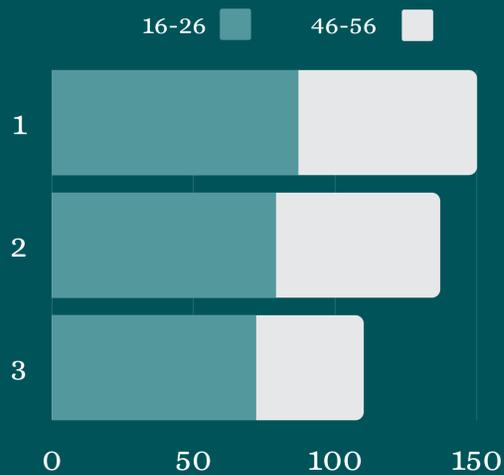
1. Mental
2. Depressed
3. Antisocial
4. OCD
5. Social Anxiety

Words middle-aged adults hear wrongly used most often:

1. Mental
2. Psychic
3. Depressed
4. Phobic
5. Antisocial

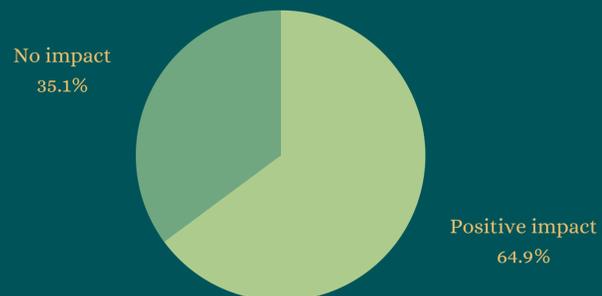
We asked people whether they disagreed with these sentences:

1. "Living with mental illness is a tragically beautiful situation."
2. "The experience of mental illness makes people special."
3. "Descriptions of mental illness on social media are attempts at receiving attention."

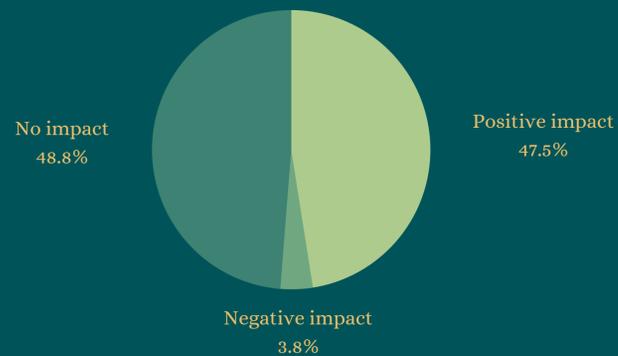


Impact of influencers talking about Mental Healthcare

young adults



middle-aged adults



37.8% of young adults & **42.5%** of middle-aged adults don't believe graphic images of harm used in cinema or social media are necessary to destigmatize mental health.

While **50%** of middle-aged adults believe that the internet is doing a mediocre job of normalizing mental illnesses, young adults seem to be torn. About **40%** think of it to be mediocre, while **45%** think of it to be a fair attempt.

Please Note:

The above infographic was created by surveying two age groups of people. "Middle-aged adults" refers to 46-56 year olds, while "young adults" refers to 16-26 year olds. Our data set was not very large. The former consisted of 111 participants, while the latter consisted of 80 participants. Please keep this in mind while looking at the statistics.

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NOTE

The information provided in this booklet is designed to provide valuable information on the subject discussed. The data has been collected from various sites which have been given in the reference section of the booklet.

What mental health needs, is more sunlight ,more candor,
more unshamed conversations.

-Glenn Close

At the root of this dilemma is the way we view Mental
health. Whether an illness affects your heart or your leg or
your brain, its still an illness and there should be no
distinction.

- Michelle Obama

Mental Health is nothing to be ashamed of , but stigma and
bias shame us all.

- Bill Clinton

