Smashing The Stigma,
It Starts With Us...

Jess Morton

@EMS_Junkie #SPANZ16
15yo Girl.

Paracetamol Overdose.

24 x 500mg tablets.

Co-operative, Polite, Withdrawn.
He said what    ???????
Perceived Stigma and Patient-Rated Severity of Illness as Predictors of Antidepressant Drug Adherence

Jo Anne Sirgy, Ph.D.
Martha L. Bruce, Ph.D., M.P.H.
George S. Alexopoulos, M.D.
Deborah A. Perlick, Ph.D.
Steven J. Friedman, M.S.
Barnett S. Meyers, M.D.

Stigma, negative attitudes and discrimination towards mental illness within the nursing profession: a review of the literature

C. A. ROSS1 RN RPN BSN MA & E. M. GOLDFNER2 MD MHSc FRCPC

1Nurse Educator, BSN Program, Faculty of Health Sciences, Douglas College, Coquitlam, and 2Professor, Faculty of Health Sciences, Centre for Applied Research in Mental Health and Addiction (CARMHA), Simon Fraser University, Harbour Centre, Vancouver, BC, Canada

The Self–Stigma of Mental Illness: Implications for Self–Esteem and Self–Efficacy

Patrick W. Corrigan, Amy C. Watson and Leah Barr

Correspondence concerning this article should be addressed to Patrick W. Corrigan, Center for Psychiatric Rehabilitation at Evanston Northwestern Healthcare, 1033 University Place, Ste. 440–450, Evanston, IL, 60201. E-mail: pcorrigan@uchicago.edu

Center for Psychiatric Rehabilitation at Evanston Northwestern Healthcare

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Attitudes and knowledge of clinical staff regarding people who self-harm: a systematic review.

Review article
Stigma…

problems of knowledge (ignorance),
problems of attitudes (prejudice), &
problems of behaviour (discrimination)

(Thornicroft et al 2007).
9000 people per year are dying from preventable illnesses because of stigma of health professionals towards people with mental illness.

16/05/2015, 8:28 AM
“Stigma is particularly cruel for depressives, because stigma affects thoughts. And Depression is a disease of thoughts”

Matt Haig- Reasons to Stay Alive
Recognise Stigma
The NHS does not always support health professionals with mental health problems #RCEMCPD16

'Trivialising' responses causing youth who self-harm to turn backs on medical help: study

BY KRISTIAN SILVA AND NORMAN HERMANT

How does #MentalIllness stigma impact patients in the Emergency Department? New blog post by @javeedsukhera

1/04/2016, 4:45 AM

i wish there wasn't such a stigma behind self harm so i could actually talk to someone about it

30/03/2016, 2:41 PM

The first time I attempted suicide, I was 14. I didn't actually go see a doctor to get help until I was 16. Stigma is real #BellLetsTalk

29/01/2015, 1:01 AM

Tesco refused woman alcohol because of self-harm scars

17 March 2016 Last updated at 10:14 GMT

Becci Wain was refused alcohol in Tesco when the shop assistant saw self-harm scars on her arm.
Challenge Stigma
It's pronounced...
[MEN-tl IL-nis]
not
[KREY-zee]

Fight Stigma
Educate yourself
Be the change you wish to see in the world.

- Mahatma Gandhi
Smashing the Stigma,
so that others may live...

It starts with us…..
jessica.morton@studentparamedic.org.au

@ems_junkie

prehospitalresearch.eu
The Prehospital Research Support Site