



# Stomp Out The Stigma

## THE POWER OF STIGMA

**Most caregivers who have with children with behavioral health concerns have been blamed.**

**"If they would only discipline their children."**



## WHAT STIGMA CAUSES

**People feel ashamed for something that is out of their control.**

**An additional burden to difficult situation.**

**Families not seeking the help they need.**



## TYPES OF STIGMA

**Public Stigma-** reactions of the general public towards a group.

**Self Stigma-** reactions of individuals who turn the stigmatizing attitudes upon themselves.

**Courtesy Stigma-** stigma by association, experienced by those who are closely associated with stigmatized people.



## HOW CAN WE HELP?

**Education-** using information to contradict commonly held myths. Teaching programs, books, videos, and other media outlets.

**Social Relationships-** When children with and without behavioral health concerns encounter, interact, and connect with one another in satisfying ways social stigma can be reduced.

**Talk about it-** Talk openly about behavioral health through your story and the services you have received. Talk about how stigma has effected you, your child, and your family.

