



Work Force Of Interest

Summer 2021



Stamping Out Stigma

Although 1 in 5 Americans have been experiencing mental health conditions for decades, stigma has shamed too many into silence and prevented them from seeking help. 2021 can be the year that stigma ends. The COVID-19 pandemic is shining a spotlight on the prevalence of anxiety, depression, and substance use, igniting a national conversation around mental illness and substance use disorders.

Stigma is when someone, or even yourself, views a person in a negative way just because they have a mental health condition or substance use disorder. According to the National Alliance on Mental Illness (NAMI), some people describe stigma as a feeling of shame or judgment from someone else. Stigma can even come from an internal place, confusing *feeling* bad with *being* bad.



EAP CAN HELP!



Your EAP is a confidential, assessment, short-term counseling and referral program for you and your household members. It is a free benefit provided to you by your organization

Please call 1-800-769-9819 to speak with an EAP counselor today! No question or concern is too small.

Online Work/Life Services

If your organization offers Work/Life services, please contact EAP or your HR for your company code. Then check us out at www.workforceeap.com

Navigating life while experiencing a mental health or substance use condition can be challenging, and the secrecy and isolation fostered by stigma creates barriers to accessing needed support. People often face rejection, bullying and discrimination, which can make their journey to recovery longer and more difficult. Even though most people can be successfully treated, less than half of the adults in the U.S. who need services and treatment get the help they need.

To address stigma, **we must first recognize the high prevalence of mental illness and substance use disorders.**

Mental Health America reports that even before COVID-19, the prevalence of mental illness among adults was on the rise, as was suicidal ideation.

"Some of the most comforting words in the universe are 'me too'. That moment when you find out that your struggle is also someone else's struggle, that you're not alone, and that others have been down the same road." -- Unknown

