

Stigma

Text on Screen: “He’s crazy.” “I’m scared he will be violent.” “She’s weak.”
“They can’t handle the stress.” “She’s just lazy.”

Narration: “He’s crazy.”
“I’m scared he will be violent.”
“She’s weak.”
“They can’t handle the stress.”
“She’s just lazy.”

Text on Screen: STIGMA. STIGMA

Narration: Stigma,

Text on Screen: a negative stereotype

Narration: a negative stereotype that sets a person apart from others.

Text On Screen: Creating Prejudice

Narration: creating prejudice

Text On Screen: Leading to Discrimination

Narration: leading to discrimination

Text on Screen: The stigma around mental illness

Text On Screen: WIDESPREAD

Narration: The stigma around mental illness continues to be widespread.

Text On Screen: Stigma is both Powerful & Persuasive

Narration: Stigma is both powerful and persuasive.



Text on Screen: It prevents people from acknowledging their own mental health problems and asking for help.

Narration: It prevents people from acknowledging their own mental health problems and asking for help.

Text on Screen: It affects people living with mental illness in many ways.

Narration: It affects people living with mental illness in many ways.

Text on Screen: limiting career opportunities
damaging friendships
triggering acts of bullying
or even violence against them.

Narration: Limiting career opportunities, damaging friendships, triggering acts of bullying, or even violence against them.

Text on Screen: Living with stigma can be worse than the mental illness itself

Narration: Living with stigma can be worse than the mental illness itself.

Text on Screen: hide their condition

Narration: Many feel they have to hide their condition.

Text on Screen: Mental illness is a medical condition.

Narration: Mental illness is a medical condition.

Text on Screen: It's not a choice.

Narration: It's not a choice.



Text on Screen: We can beat stigma
through understanding
through empathy
through respect
through having an open mind

Narration: We can beat stigma through understanding, through empathy, through respect, through having an open mind.

Text on Screen: With treatment
mental illness
recover
successful and productive lives

Narration: With treatment, those suffering from mental illness can recover and continue living successful and productive lives.

Text on Screen: Break the silence.

Narration: Break the silence.

Text on Screen: Talk openly about mental illness
Help change attitudes and behaviours.

Narration: Talk openly about mental illness and help change attitudes and behaviours.

Text on Screen: Manulife Logo

Workplace Solutions for Mental Health

www.manulife.ca/mentalhealth

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