

# Steps to tackle stigma

There is still a way to go in reducing stigma in workplaces, media, communities, even within health settings. However some of the most effective ways to deal with stigma are things that we can all do.

Steps everyone can take to reduce stigma are:

## **1. Know the facts and pass them on**

The first step is understanding. The more you understand about mental health and ill-health, the more confident you will be in noticing stigma and then acting on it. You will also be able to educate others in small business and pass this knowledge on.

## **2. Choose your words carefully**

Sometimes people use words that reinforce stigma. Words such as 'crazed', 'deranged' or 'suffering' are not helpful. Try to stick to words that are factual, such as – the person 'has a diagnosis of depression' or 'sees a psychologist'.

## **3. Speak up and challenge myths and stereotypes**

If you hear someone using stigmatising language in your own workplace or outside, challenge it and/or correct them.

## **4. Be supportive**

Be aware that everyone has bad days. Show the person who is having a bad day that you are interested in how they are feeling and offer support if you can – whether that be an employee or business associate.

## **More information**

For more information about stigma, check out the [StigmaWatch](#) service on the SANE Australia website.

**If you need immediate assistance call 000 or to speak to someone urgently, please call Lifeline on 13 11 14 or the Suicide Call Back Service on 1300 659 467.**