



Mental Health Self-Stigma

Thursday - March 20th

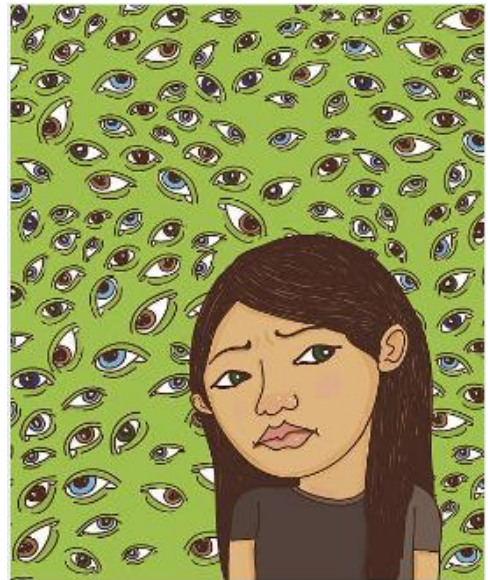
3:00 to 4:30pm

Contact peerworknetwork@vch.ca for the Zoom link

“Labels are for Jars not People” presented by Debbie Sesula, MA, RTC, CPS

The mental illness label is one of the most stigmatizing. Most people living with mental illness face stigma at some point from external sources, whether from friends, family members, employers or health care professionals. However, what’s even more damaging is when we internalize that stigma. This can include feeling a deep sense of shame or believing negative stereotypes about mental illness. This is self-stigma.

The emotional impact of self-stigma can often be greater than the symptoms of the illness itself.



A Consumer Involvement and Initiatives forum for all BC peer workers; including peer support workers, peer facilitators, peer navigators and CIF project leads



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