



# Mental Health Self-Stigma

Thursday - March 20<sup>th</sup>

3:00 to 4:30pm

Contact [peerworknetwork@vch.ca](mailto:peerworknetwork@vch.ca) for the Zoom link

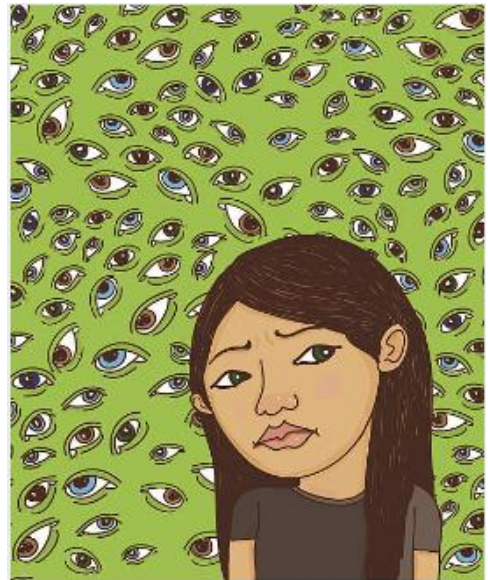
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## “Labels are for Jars not People” presented by Debbie Sesula, MA, RTC, CPS

“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.”

- Katherine Ponte, JD, MBA, CPRP (National Alliance on Mental Illness)



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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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