

FIGHTING STIGMA

WORKSHOP FOR INFORMAL CARERS OF MH NEETS

PART I

90 minutes



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AGENDA

1. SOME THEORY – 20 minutes
2. SOME DISCUSSION – 30 minutes
3. SOME DATA – 10 minutes
4. SOME SOLUTIONS – 20 minutes
5. SUMMARY – 10 minutes



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services to mental health NEETs





SOME THEORY – STIGMA

The concept of stigmatisation describes negative social attitudes towards a specific group of people due to certain features that its members possess. An example of such a group can be people with disabilities and the MH people. The stigmatisation of this group of people manifests itself in negative, related and overlapping attitudes presented by others.

THESE ATTITUDES INCLUDE:

- distancing (reluctance to engage in informal interactions);
- devaluation and stereotyping (spreading negative, simplified and harmful stereotypes, duplication);
- delegitimization (legal limitation of activity in a given sphere).



**THE ATTITUDES CONSIST OF
THREE COMPONENTS**

COGNITIVE

judgments and opinions

AFFECTIVE

emotions and feelings

BEHAVIOURAL

intentional behaviour



SOME THEORY – STIGMA

THE FOUR COMPONENTS OF STIGMATISING ATTITUDE:

- isolating the difference, e.g. a physical defect, and labelling the person or persons in whom this difference was noticed;
- attributing undesirable traits to labelled people, reflecting previously formed stereotypes;
- separating the group of people labelled ("they") from one's own group ("us");
- experiencing loss of status and discrimination by labelled persons, e.g. deprivation of the right to employment, medical care, etc.; this entails not only social but also economic degradation.



SOME THEORY – STIGMA

According to Hayward and Bright, concerning people with mental disorders, the stereotype is most often based on four main statements:

- MH person is dangerous;
- MH person is partly responsible for his/her condition;
- Person suffers from a disease that is chronic and difficult to treat;
- Person is unpredictable and unable to properly fulfil social roles.



MEANING AND IMPACT OF STIGMA AND SELF-STIGMA



DISCUSSION



SOME DATA – SCALE OF THE PROBLEM

According to WHO in 2015 110 million people in Europe suffered from mental illness. This represents 12% of the entire European population. If we include the abuse of psychoactive substances, this value increases to 15%, while together with neurological diseases, e.g. dementia or epilepsy, even up to 50%.



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SOME DATA – SCALE OF THE PROBLEM

In one study carried out in Germany (2005), 49.6% of respondents shared the belief that mentally ill people are unpredictable and one-fourth of respondents associated mental illness with aggression and violence.

Studies conducted in the US in 90' show that society suspects mentally ill people of a greater propensity for a crime.

An equally negative social perception of the mentally ill has been captured in Polish research (2014). According to respondents, the mentally ill are dangerous (70%), aggressive (61%), and unpredictable (85%), and 31% agreed that patients should be isolated from society.



SOME SOLUTIONS – FIGHTING STIGMA



HOW TO CHANGE ATTITUDES HELD BY SOCIETY?

SHORT DISCUSSION

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**SOME SOLUTIONS
FIGHTING STIGMA**

UNDERSTAND TO OVERCOME

BUILD ACCEPTANCE

UNDERSTAND TO HELP



SUMMARY

THANK YOU!