



### ***Stigma***

A set of negative and often unfair beliefs that a society or group of people have about something.

### ***#NoStigmaZone***

Too many of us live everyday struggling to exist within a society that judges us harshly causing many of us to question our own worth and our own purpose.

- Language is a very powerful tool. Stigmatizing language and labels can be the sole determining factor between whether a person will ever seek help versus continuing to suffer in silence.
- Individuals in need of mental health treatment and counseling are all too often fearful to speak their truth and seek guidance because they don't want to be labeled.
- The Clarion Conscience Movement is here to encourage everyone to embrace mental wellness and healing. A healthy sense of self is imperative to reaching our true purpose.
- In the United States more people die at their own hands than the hands of someone else. We hear stories everyday on the news of murder, but while homicide ranks as the 16th leading cause of death in this country suicide is the 10th leading cause. There is one death by suicide every 13 minutes in this country. There is one death by suicide in the world every 40 seconds.
- The solutions to these issues has to include more education regarding the importance of mental wellness, increased access to healthcare, and ending healthcare disparities in underserved communities.
- We have an obligation as a society to empower and uplift those who are survivors of sexual abuse, trauma, and tragedy. We owe it to every child, woman, and man who has ever been subjected to sexual violence to support them with words and action of positivity and resilience.
- We must end the pain and turmoil that negative judgment adds and focus our attention on supporting truth. Once we do this, we can take steps to erase the stigma and judgment that cripples us. In return we will lead a more healthy and meaningful existence. Less people will view suicide as their only option for relief. Less people will self-hate and self-harm. More people will grow to love themselves and ultimately love each other.
- Stigma is the door we must close. It is the past that we must move away from hence the Clarion Conscience movement.



- There is a long deep-seated history of mental illness treatment that is engrained in the fabric of this country and worldwide. People have lived far too long struggling with untreated diagnoses of the brain. Even more, they have struggled with the labeling, judgment, and stigmatizing beliefs that these diagnoses subject them to from society.
- There is a need for a massive shift away from the stigmatizing attitudes that keep us restricted in our ability to heal and truly improve our lives. It is a well-known fact that those who suffer in silence for fear of judgment, ridicule, and labeling continue to regress into illness and sometimes despair.
- Many lives are lost each year and many people never receive treatment because of the stigmatizing beliefs that still plague the field of mental health treatment.
- Mental wellness is a crucial component of being a healthy functioning individual in society. The ability to seek mental health treatment should never be hindered with worries related to labeling.

### ***Why is Stigma a Barrier to Achieving Mental Wellness and a Clarion Conscience?***

- One of the largest barriers to treatment is stigmatizing attitudes toward people with a mental health diagnoses. Historically the treatment of individuals with a mental health diagnoses has included a restriction of rights, asylums, institutions, and even imprisonment.
- The history of mental health treatment has been sensationalized through cinema and other media forms often times creating a fear of approaching a health system that may impose a restriction or rights or labeling.
- Mental health treatment has unquestionably been intertwined with a restriction of rights throughout time. However the development of new models of treatment and more efficient humane practices deserve attention and recognition. This recognition will remove the lingering cloud of judgmental beliefs that remain within this specialty of medicine.
- Stigmatizing beliefs interfere with the delivery of healthcare in many areas. Throughout history many leaders and advocacy groups have participated in creating awareness and influencing the changes that need to occur in order for all individuals in need of care and support to confidently seek treatment without the burden of judgment and stigma.



### ***How Do Stigmatizing Beliefs Affect Those Seeking Help?***

Stigmatizing beliefs prevent those in need from seeking and maintaining treatment. Even if treatment is sought, stigmatizing attitudes and labels continue to counteract an individual's desire to continue in treatment. Stigmatizing beliefs become internalized by the individual and cause more negative self-judgment and negative self-perception.

### ***What are common stigmatizing beliefs about individuals seeking mental health treatment?***

Common stigmatizing beliefs related to receiving mental health services are that the individual will be viewed by society as different or an outcast. There is the concern that others will assume that the individual will be viewed and labeled with terms such as "crazy" and "unstable". These demeaning and degrading terms have plagued the mental healthcare system for far too long and cause unnecessary pain and suffering. It is time that society discards these beliefs and unhealthy habits so that individuals can aspire and dream to be their best self without the concern of negative self-judgment or the judgment of others.

### ***Judgment***

The ability to make considered decisions or come to sensible conclusions

### ***#NoJudgmentZone***

The definition of judgment speaks to the inherent human nature to judge just about everything.

- The ability to observe and analyze external objects, people, places etc. is an integral part of our existence as living beings. Our ability to judge protects us in many ways and is a necessary component of self-preservation.
- When judgment is utilized to develop opinions and beliefs about others we must be cautious and focus on the importance of drawing sensible and healthy conclusions.
- We learn to judge everything around us throughout development. We learn to take in the information that we receive externally and react in a certain way. We judge the people around us, the people we see on television, people at school, people at work, our family, and ourselves.
- We are constantly analyzing and thinking about the actions and reactions of others as well as ourselves on some level. Many people are consciously aware



of the judgmental beliefs and attitudes that they have while others are much less consciously aware.

Judgmental beliefs and attitudes heavily influence behaviors and how we treat each other and ourselves. Our life experiences, human nature, and personal exposure to our environment lay the groundwork of the judgmental approach that we have toward others and ourselves.

The information that we are given to use to form conclusions about a person however can often times lead to the developmental of judgmental perceptions that are not accurate and actually negative and highly biased.