



“Stigma causes people to suffer in silence when they don’t have to.”

Stigma is when someone views you in a negative way because you have a distinguishing characteristic or personal trait that’s thought to be, or actually is, a disadvantage (a negative stereotype). Unfortunately, negative attitudes and beliefs toward people who have a mental health condition are common. Stigma can lead to discrimination. Discrimination may be obvious and direct, or it can be unintentional or subtle. You may even judge yourself.

*Some of the harmful effects of stigma can include:*

- Reluctance to seek help or treatment
- Bullying, physical violence or harassment
- Lack of understanding by family, friends, co-workers or others you know
- The belief that you’ll never be able to succeed at certain challenges or that you can’t improve your situation

*Speak Out Against Stigma*

GET TREATMENT.

Contact your local counseling office or seek a list of treating providers near you from resources such as [PsychologyToday.com](http://PsychologyToday.com)

JOIN A SUPPORT GROUP.

Local and national groups, such as the National Alliance on Mental Illness (NAMI), offer local programs and Internet resources that help reduce stigma by educating the general public.

DON’T LET STIGMA  
CREATE SELF-DOUBT  
AND SHAME.

Stigma doesn’t just come from others. You may mistakenly believe that your condition is a sign of personal weakness or that you should be able to control it without help.



Today let us not spend one moment in self-destructive thought or outwardly criticism. Most of us who find ourselves here today truly believe that we are non-judgmental or at least aiming to be. Take a step further and answer a few self-reflecting questions and truly explore your innate judgmental nature. Use this tool to examine where you are at today and come back to it in the future to track your progress on your journey into the #NoJudgmentZone. Use it as a reminder of where you stand now and where you aim to be!

Rate each question:

Never (0%)

Sometimes (0-25%)

Often (26-74%)

All the time (75-100%)

1. I criticize myself more than reaffirming myself.
2. I am ashamed of speaking my truth because of what others may think.
3. I avoid seeking help when needed because I will be labeled and judged.
4. Negative self-judgment causes me to feel uncomfortable.
5. The opinions of others influence my actions.
6. I am aware of when I am judging others.
7. I am aware of when I am being judged.
8. I aim to be less judgmental of myself.
9. I aim to be less judgmental of others.



What's your judgment score? What changes in your thinking can you make to better your score?