

# COMBATING STIGMA AROUND MENTAL ILLNESS

## A Guide for Educators

There is often stigma associated with mental illness in which case mental illnesses aren't given importance or seen as treatment-worthy. They are seen more from a social than a healthcare perspective and this is something that we as a society need to fight against. Being an educator means being responsible for spreading awareness and knowledge to a lot of budding young minds and this can be overwhelming at times. Here are some tips to help you move towards mental wellness and combat the stigma surrounding mental illness

### Have open and non-judgmental conversations

Address the need for mental health care from the grass root level and have open conversations about the need to focus on mental health and tackle the stigma surrounding it



### Be conscious of language

Do not use mental health conditions as regular adjectives or label children with mental health conditions and use those to identify them. Being sensitive in addressing mental illnesses goes a long way



### Encourage students to seek help

Most institutions have their own in-house counsellors whom students can seek help from. Encourage students to seek help from these professionals if they feel overwhelmed and make sure to address it as an act of courage to become vulnerable with someone



### Inclusive Education

Be accepting of differences in children and try to be more inclusive of them. Offer additional help if a child requires it but do not put the child down for not being on par with their classmates

