

Detroit Wayne Mental Health Authority has staff, peer support specialists and other advocates to help overcome and eliminate stigma.

For more information about Detroit Wayne Mental Health Authority's Anti-Stigma Initiatives

Please contact:

Detroit Wayne Mental Health Authority's Customer Service at:

**1-888-490-9698 (Toll Free)
or
313-833-3606**

**Detroit Wayne Mental Health Authority
(DWMHA)
Centralized Access Center
Customer Service
&
24 Hour Crisis/Information and Referral Line
(7 days/week)
313-224-7000 (Local Calls)
1-800-241-4949 (Toll Free)
TTY/TDD Line: 1-866-870-2599
(Hearing Impaired)**

DWMHA Customer Service Unit
707 West Milwaukee
Detroit, MI 48202
Community Outreach
Consumer Affairs
Family Support Subsidy
Grievances and Appeals
313-833-3232
1-888-490-9698
TTY/TDD Line: 800-630-1044
8:00 a.m. - 4:30 p.m. (Monday –Friday)

Office of Recipient Rights
707 West Milwaukee
Detroit, MI 48202
1-888-339-5595
TTY/TTD Line: 1-888-339-5588

General Office Number
1-313-344-9099
8:00 a.m. -5:00 p.m. (Monday- Friday)

www.dwmha.com



Combating Stigma

**What Every
Consumer Should Know
About Stigma**

“Opening Minds Closes Doors to Stigma”



**Artwork:
Courtesy of A Place of Our Own Clubhouse**

What is Stigma?

Stigma is a form of discrimination. It is one of the leading reasons individuals with mental illness do not seek treatment for their condition.

You Know You're Being Stigmatized If...

- Words like crazy, psycho, loony, etc., to describe yourself or others.
- You are referred to as being difficult.
- You are refused housing because of your mental illness.
- You are refused employment that you are qualified for because of your mental illness.
- You are not being treated with dignity and respect by healthcare professionals.
- People fear you or avoid you because of your mental illness.

What Every Consumer Should Know About Stigma

Did you know that... ?

- Stigmatizing behavior can be viewed as discrimination or harassment.
- Stigma may cause individuals with mental illness to feel isolated in a community.
- Stigma may result in individuals feeling a lack of social support, positive social roles, coping and problem-solving skills.
- It is important that healthcare providers avoid using stigmatizing behaviors towards consumers.

What You Can Do

- Educate yourself on stigma.
- Recognize that stigmatizing behavior is not normal or acceptable anywhere.
- Seek professional help for your mental illness.
- Request a Peer Support Person to partner with while obtaining mental health services.
- Do not get upset, remain calm when someone says something demeaning; just show them with dignity that their comment was inappropriate.
- Report stigma if you or someone you know is a victim.