

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
Community 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 Stigmatizing If...

- You don't realize that a mental health problem is an illness that can be treated.
- You use words like crazy, psycho, loony etc. to describe individuals with a mental illness.
- You think that a mental health problem is the person's fault.
- You are afraid to live near or socialize with a person with a mental illness.
- You feel that individuals with a mental illness are dangerous and are to be feared.
- You feel that a person with a mental illness is unable to live a full and productive life.

What Every Consumer Should Know About Stigma

Did you know that... ?

- There are many different types of stigma in our society, based on gender, race, ethnicity, religion, sexual orientation, mental and physical disabilities.
- People with mental health illnesses have the same rights as other citizens.
- Stigma is a form of discrimination and/or harassment and can be viewed as a violation of the Americans with Disabilities Act (ADA).
- Stigma may cause individuals with mental illness to feel isolated in a community.
- Stigma impedes people from seeking help for fear the confidentiality of their diagnosis or treatment will be breached.
- Stigma excludes individuals with a mental illness from activities that are open to other people, i.e. employment, housing and education.
- Mental illnesses are often negatively portrayed in the media.

What You Can Do

- Educate yourself and others about the damaging affects of Stigma.
- Recognize that stigmatizing behavior is not normal or acceptable anywhere.
- Speak out against Stigma.
- Cultivate qualities of compassion, tolerance and authentic admiration for individuals with a mental illness.
- Join support groups that support Anti-Stigma initiatives i.e., National Alliance for the Mentally Ill (NAMI) and the Arcs.
- Challenge stereotypes in the media by writing letters to the editors of newspapers or television shows.
- Promote combating stigma as everyone's responsibility i.e., politicians, civil servants, businesses, health organizations, schools, neighbors, youth groups, older adults, families and communities.