

Stigma

- **Stigma is the biggest obstacle to promoting the mental health of the population and the development of mental health services.**
 - (Kristian Wahlbeck)
 - The Finnish Association for Mental Health)

What the finnish stigma research tells us?

- positive trend: Stigma decreases
- young people relate more positively about mental disorders than older people
- women relate more positively than men
- well educated relate more positively than less educated



3 elements of stigma

- Ignorance (false beliefs)
- Negative attitudes (prejudices)
- Behavior (Discrimination)

Generally

Stereotype



attitude



discrimination

Stigma



How it can be reduced?

Impressive means

- **Stereotype** – Social Interaction – mental health competence
- **Attitude** – II –
- **Discrimination** – objections – legislation- policy actions
- **(Creative approaches!!)**