

HEALTHY COMMUNITIES

FOR

ALLIANCE

DEALING WITH STIGMA



Name:

Date:

Remember that you have a choice in whom you disclose your mental health and/or substance use diagnosis, history, and/or treatment to.

Potential Benefits to Disclosing

Potential Drawbacks to Disclosing

People I feel comfortable disclosing to:

People I may be hesitant to disclose to:

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COPING STRATEGIES

We cannot always control other peoples opinions, but we can control our reactions. Coping strategies help us to channel those reactions into something positive.

Remember you are not alone.

Retain hope and remember that treatment works.

Stay active and associate with people who support you.

Consider advocacy efforts like getting involved in the community.

-Alliance for Healthy Communities

-Alliance for Substance Addiction Prevention

-Recovery Community Organization

Take the Pledge to #EndStigmaASAP -www.empoweredcommunities.org/pledge

Be the example, use person-first language. #ChangeTheLanguageASAP

What are some of your coping skills?

In what ways do you take care of yourself (self-care)?