ALLARD SCHOOL OF LAW

OVERCOMING STIGMA

The Student Wellbeing Program
Stigma associated with mental health, is generally understood as being composed of:

- A lack of knowledge (*ignorance*),
- Negative attitudes (*stereotypes and prejudice*)
- Excluding or avoiding behaviours (*discrimination*)

Law Society of BC First Interim Report of the Mental Health Task Force 2018 p.8
• **Educate** myself and others about mental illness
  - Know about promotional days e.g., Bell Lets Talk
  - Know and promote the facts/statistics
• **Normalize and Validate** conversation around mental health
  ○ Encouraging open dialogue
  ○ Use correct terms
  ○ Be aware of words, attitudes and behaviours
  ○ Don’t use disrespectful terms or reduce people to a diagnosis, don’t say “schizophrenic” say “a person living with schizophrenia”
  ○ Challenge media stereotypes
  § Don’t be afraid of people with mental illness
  ○ Be a role model
  ○ Share your story (if you want)
• Be Non-Judgmental, Be Inclusive, Be Responsive
  ◦ Give or get support quickly as it can prevent a more serious problem
  ◦ Take positive action promptly towards supporting mental health
  ◦ Know available resources, e.g., Student Wellbeing Counselling, LAPBC
"For over twenty years, I have been dealing with a sometimes insidious illness: depression and anxiety disorders. This is an illness that can be treated and controlled, some days better than others…. I can neither explain nor justify what I understand to have been a panic attack ….” He said he is fully capable of performing his duties as a judge…..that he wishes to thank his colleagues, family, friends and others who have supported him through a difficult time." **Supreme Court Justice Gascon, 2019**

"Justice Gascon’s rise through the courts shows that people with mental illness can succeed and excel in the most difficult of professions."  
**David Butt (criminal lawyer and former prosecutor)**
Going to a COUNSELOR or THERAPIST when you're feeling SAD or OVERWHELMED should be as normal as going to the DOCTOR when YOU have the FLU. Let's end the STIGMA about MENTAL HEALTH.