



ALLARD SCHOOL OF LAW

OVERCOMING
STIGMA

The Student Wellbeing Program



PETER A. ALLARD
SCHOOL OF LAW

THE UNIVERSITY OF BRITISH COLUMBIA

PROMOTION OF STIGMA

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

REDUCTION OF STIGMA

- **Educate** myself and others about mental illness
 - Know about promotional days e.g., Bell Lets Talk
 - Know and promote the facts/statistics
 - Read the Law Society of BC First Interim Report of the Mental Health Task Force 2018, and “The Path to Lawyer Well-Being: Practical Recommendations for Positive Change” (“National Task Force Report”) 2017

- **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 a "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

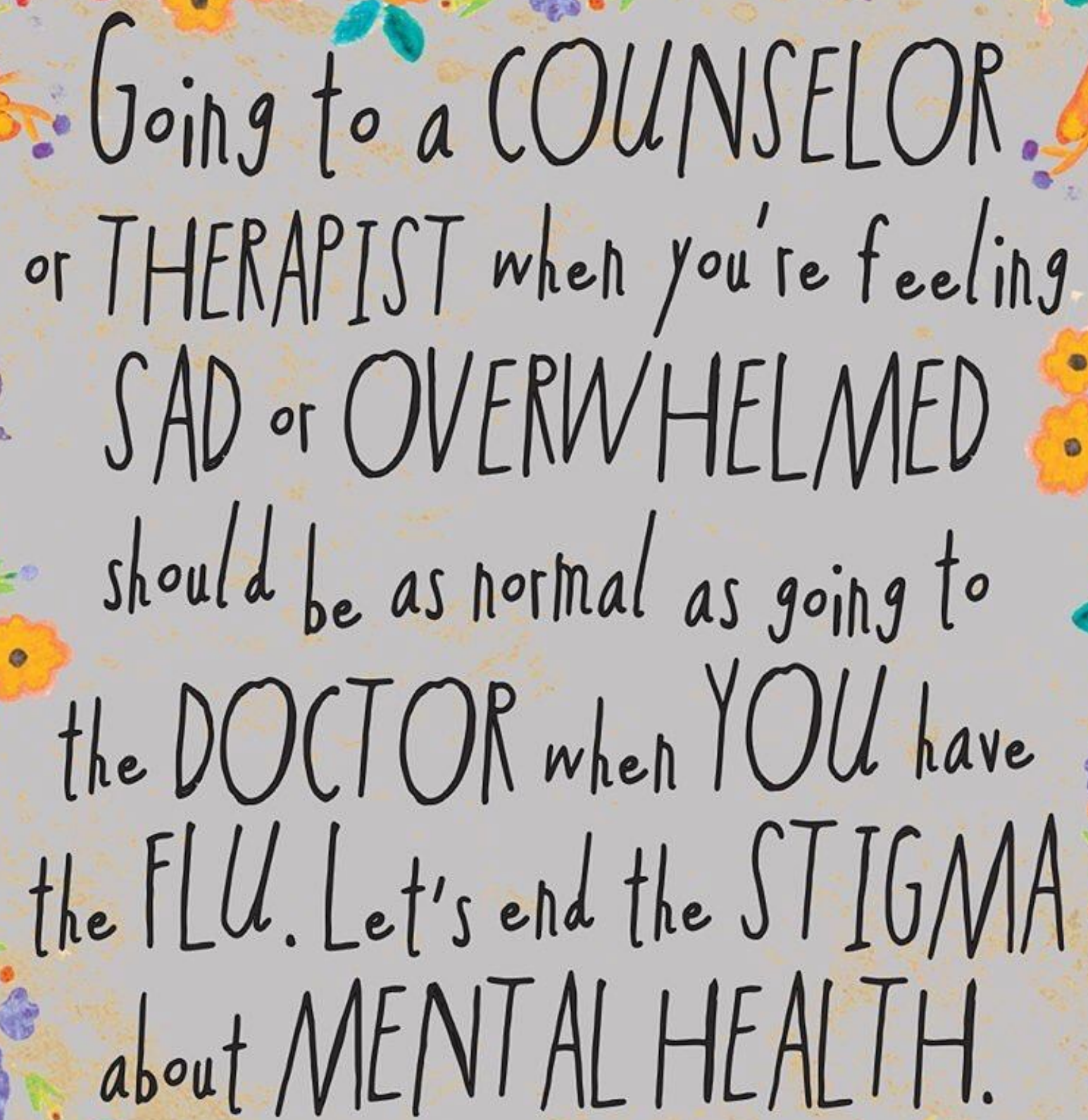
"Justice Gascon's rise through the courts shows that people with mental illness can succeed and excel in the most difficult of professions."

David Butt (criminal lawyer and former prosecutor)

"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



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.