

The Power to Be *stigmafree*

Patients with mental illnesses frequently report discrimination and lack of support from healthcare professionals. Be part of the solution by taking steps to **Be Aware and Be StigmaFree.**



We learn stigma from

- Movies
- Newspapers
- Social media
- Culture
- Our families
- School
- Interactions with healthcare professionals



Train yourself to use person-first language

where you do not label by diagnostic criteria or a person's role in treatment



SAY THIS

She has schizophrenia

He died by suicide

She is living with depression

The drug screen is positive for cocaine



NOT THIS

She is schizophrenic

He committed suicide

She is suffering from depression

The drug screen is dirty

- **Promote** mental health first aid training for students, pharmacists, and technicians
- **Ensure** mental health training in pharmacy schools
- **Provide** psychiatric medication counseling to improve adherence and reduce inappropriate medication use



Be Aware. Be StigmaFree.

Support the CPNP Foundation in our efforts to reduce stigma
Donate at cnpnf.org/pledge