

Thrive 365 #9

Did you know?

Social stigma includes the negative attitudes and discriminatory behaviours that society or particular individuals hold towards those with mental health problems. A belief that “all people with mental health problems are violent and dangerous” could be an example of social stigma. Everyone can help reduce social stigma.

What can you try?

1. Source Reliable Information

Source reliable information about mental health conditions that you can show to your family and friends if you are struggling with a mental health issue or know someone who is. Key charities are 'Mind', 'Young Minds', 'Papyrus' and the 'Anna Freud Centre'.

2. Talk (when you can)

Talk about your thoughts and feelings even when you are feeling well. This way, you will show others that it is something we all should be doing. If you are feeling low, don't think of yourself as the condition. This is something that is happening to you and it can get better with the right help.

3. Celebrate Mental Health

Join in with online charity events and support groups that help people with mental health. The message we want to give out is that every person, in every part of the globe, has mental health. It is part of being human and we should celebrate it but also recognise that our mental health is complex and we all might need support at times.

We hope you find this knowledge useful. Warm wishes, Claire and Rachael, Dragonfly Co-founders.

TALKS

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