

# Fight the Stigma

## **STIGMA** is a belief that:

- Seeking help will be seen as weakness
- Seeking help will be detrimental to career
- Seeking help will reduce social status with peers

## We must help build a **CULTURE** that:

- Encourages employees to speak-up if a mental health issue is suspected
- Educates others to recognize & respond to a colleague in mental health crisis or distress
- Keeps it simple and provides resources

