



Mental Illness: Getting Past the Stigma

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Why Do We Need to Talk About This?

1 in 5 adults experience mental illness.



Nearly **1 in 25** adults in America live with a **serious** mental illness.



mental illness by the numbers

12-month prevalence for
illnesses in U.S. adults

1.1%

ABOUT 2.6 MILLION
AMERICAN ADULTS LIVE
WITH **schizophrenia**.

6.7%

**Major depressive
disorder** AFFECTS
ABOUT 15.7 MILLION
AMERICAN ADULTS.

26.2%

AN ESTIMATED 61.2 MILLION
AMERICAN ADULTS ARE
AFFECTED BY **a mental
disorder**.

2.6%

Bipolar disorder
AFFECTS 6.1 MILLION
AMERICAN ADULTS PER
YEAR.

4.1%

AN ESTIMATED 9.6 MILLION
AMERICAN ADULTS HAVE
**Attention Deficit
Hyperactivity Disorder
(ADHD)**.


stigma

/'stigmə/


noun

1. a mark of disgrace associated with a particular circumstance, quality, or person. "the stigma of mental disorder"

Movies...



5 Winner of
ACADEMY AWARDS



Including:
BEST PICTURE
BEST ACTOR
Jack Nicholson
BEST ACTRESS
Louise Fletcher
BEST DIRECTOR
Milos Forman
BEST SCREENPLAY
(ADAPTED FROM OTHER MATERIAL)
Lawrence Hauben
and Bo Goldman

JACK NICHOLSON

**ONE FLEW OVER
THE CUCKOO'S NEST**

Fantasy Films presents
A MILOS FORMAN FILM
JACK NICHOLSON in "ONE FLEW OVER THE CUCKOO'S NEST"
Starring LOUISE FLETCHER and WILLIAM REDFIELD · Screenplay LAWRENCE HAUBEN and BO GOLDMAN
Based on the novel by KEN KESEY · Director of Photography HASKELL WEXLER · Music · JACK NITZSCHE
Produced by SAUL ZAENTZ and MICHAEL DOUGLAS · Directed by MILOS FORMAN · COLOR

ORIGINAL SOUNDTRACK ALBUM AVAILABLE ON CANTATA RECORDS AND TAPES

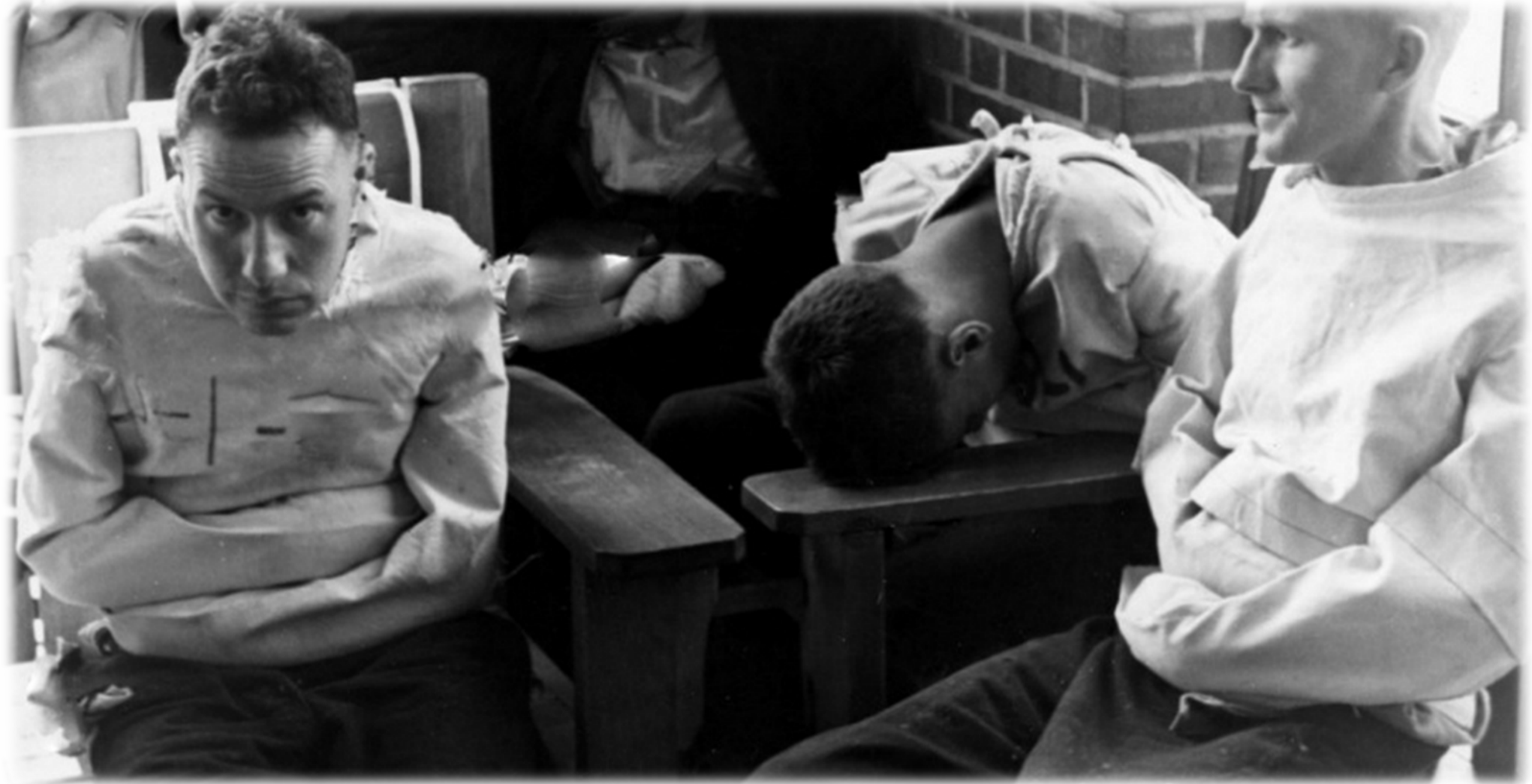
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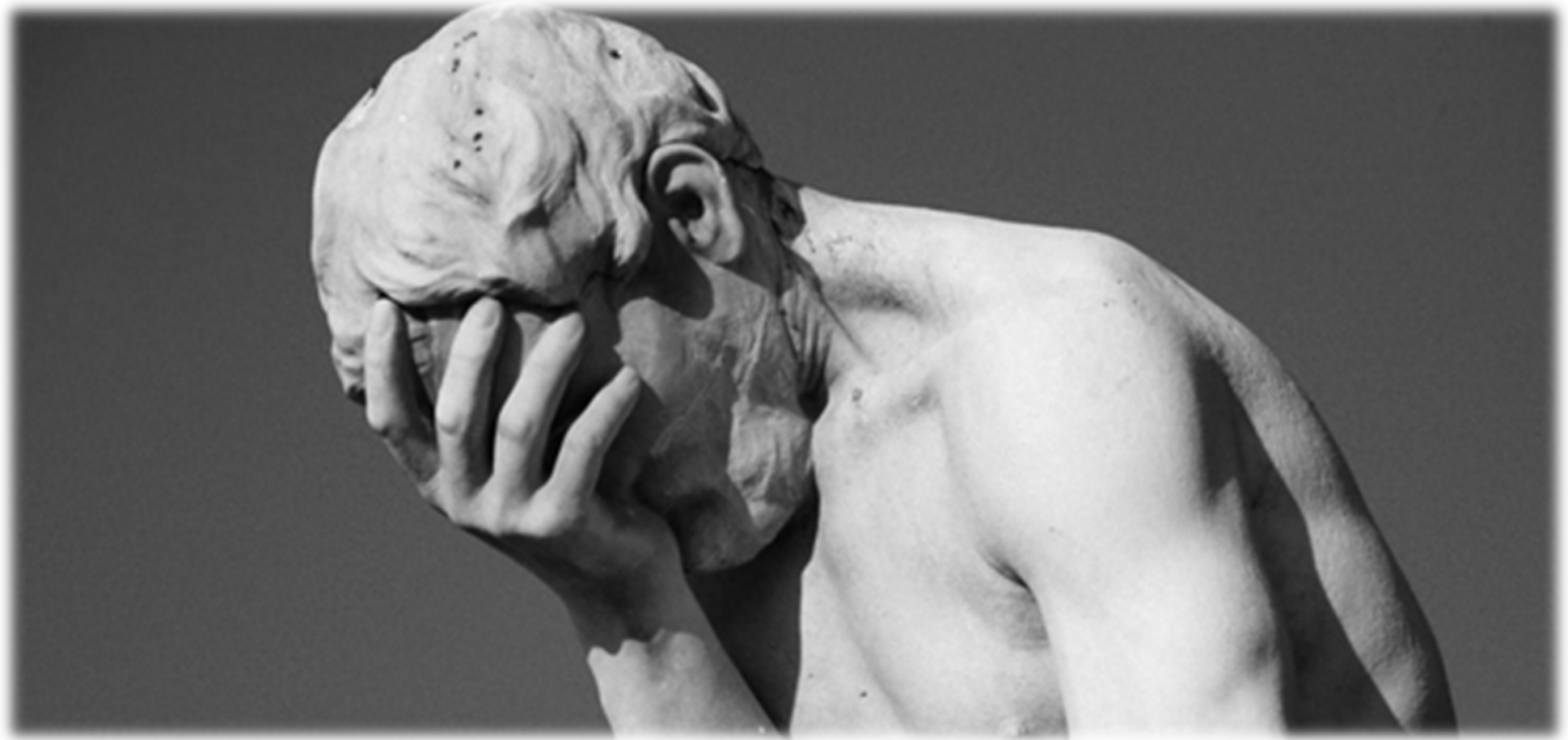
The Media...



Our History...



Shame...



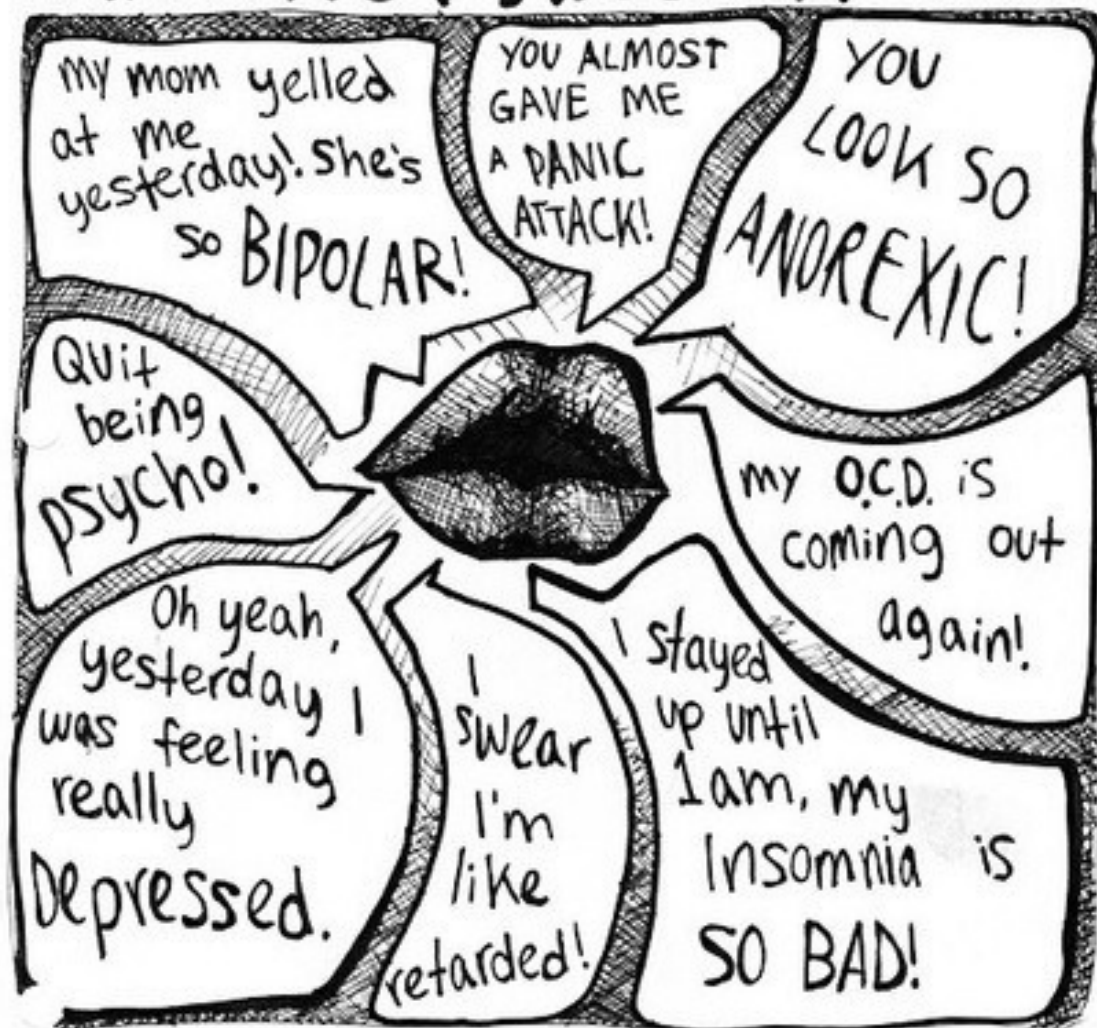
Negative Personal Experience...



Fear Itself...



MENTAL DISORDERS ARE NOT ADJECTIVES.



Finding the Right Words

What Not to Say:	Try Instead:
“How’s your health?”	“How can we help you do your job?”
“You seem depressed.”	“You’re not your usual self.”
“Snap out of it.”	“Do you want to talk about it?”
“Think positive.”	“It’s always OK to ask for help.”
“I know exactly what you’re going through.”	“It’s hard for me to understand exactly what you’re going through, but I can see that it’s distressing for you.”

Types of Treatment

**Psychological
therapies**



**Alternative
treatments**



**Lifestyle
changes**



**Prescription
medications**





Americans With Disabilities Act

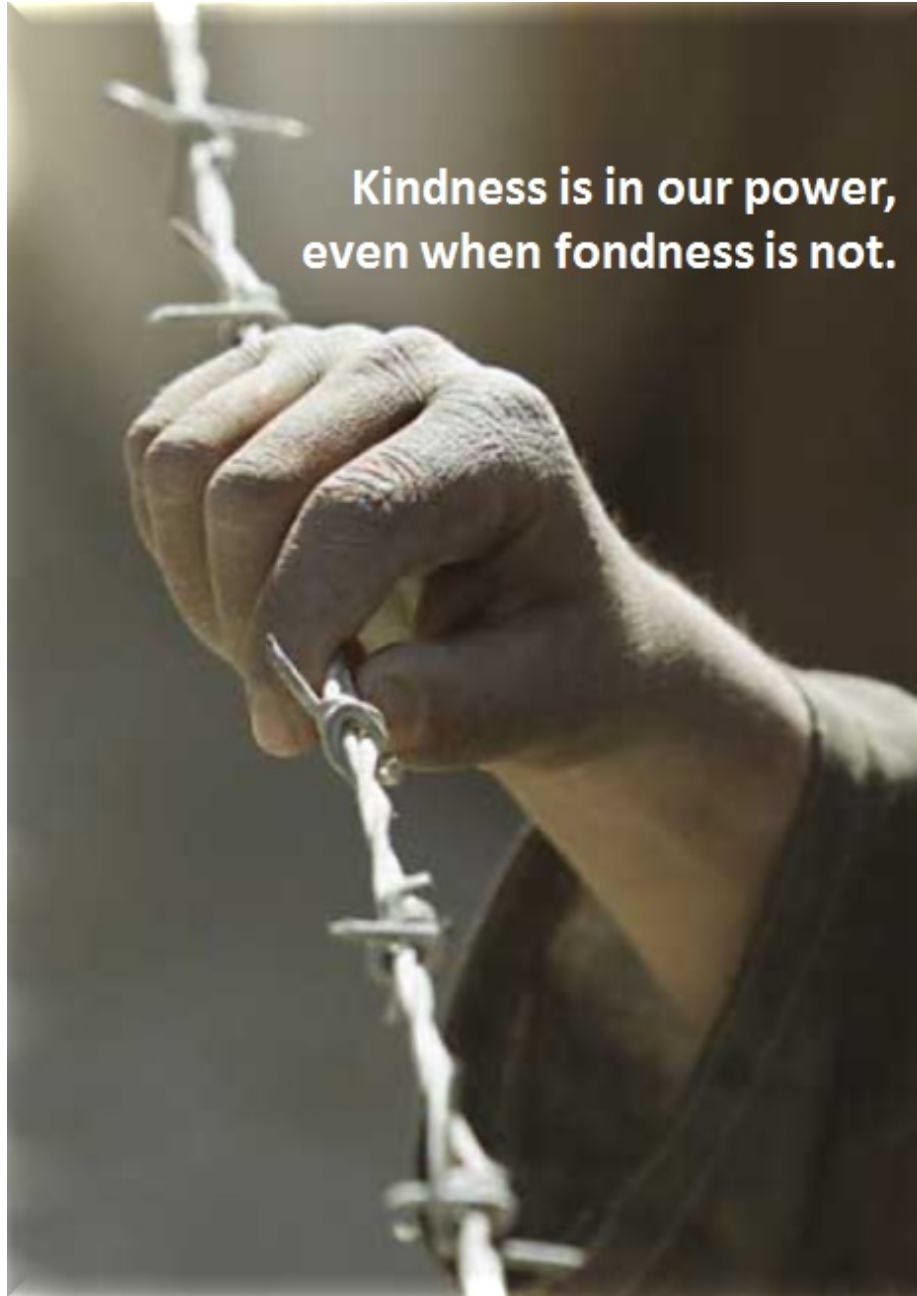
The ADA defines disability as a physical or mental impairment that substantially limits one or more major life activities (with or without treatment). When job applicants or employees have a mental health condition that meets this criteria, they have workplace rights under the ADA.

Employers must provide reasonable accommodations to applicants and workers with psychiatric disabilities (and other disabilities) unless this causes undue hardship. In most cases, individuals with diagnosed mental health conditions are covered under the ADA and have a right to job accommodations.



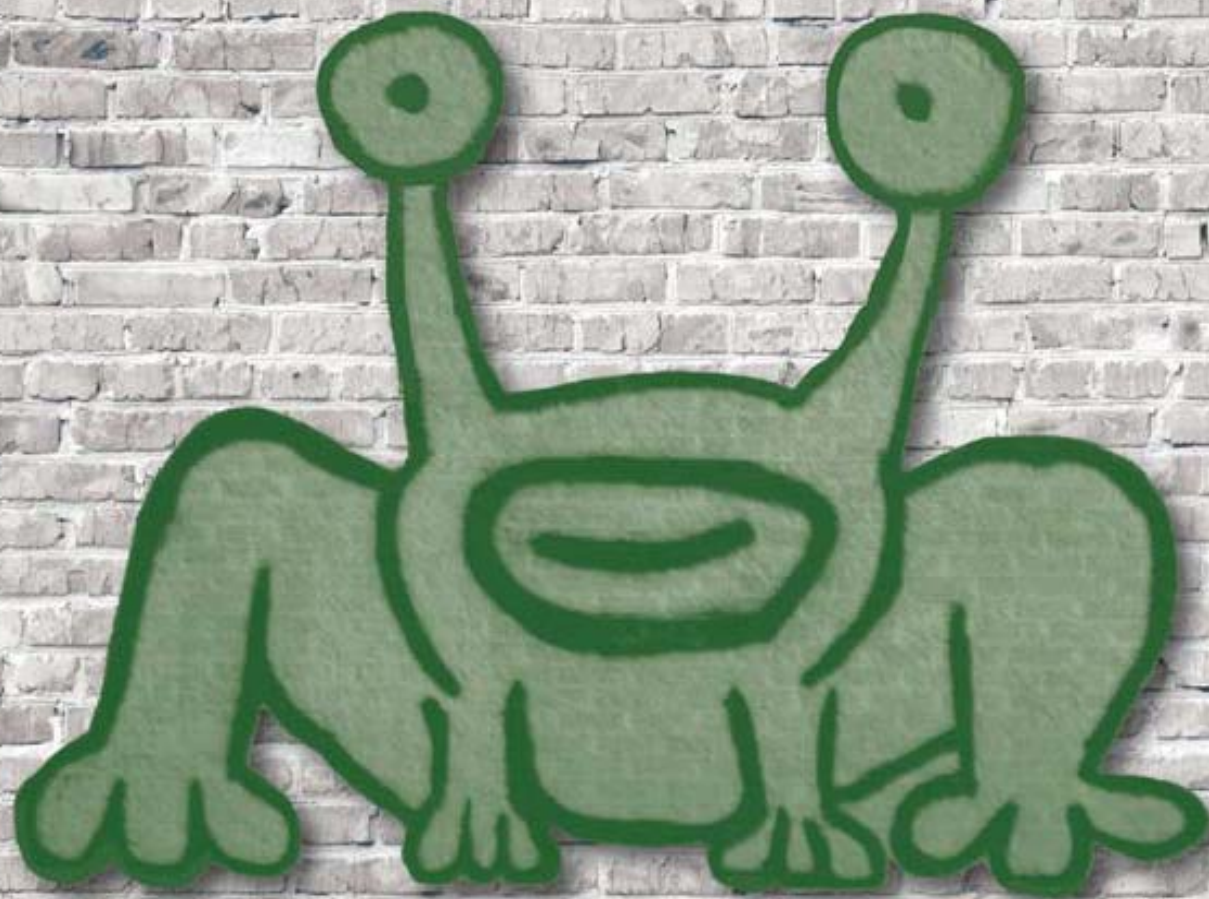
Would you hesitate to
offer help?

**Kindness is in our power,
even when fondness is not.**





HI, HOW ARE YOU



Just Ask!



- Your Human Resources Department
- Mental Health First Aid Training
- Employee Assistance Program
- Suicide Hotline
- EEOC Website
- Job Accommodation Network (JAN)
- NAMI