

Journal #3

There are huge stigmas on having a mental illness on our society. Growing up we learn how to cope with our feelings. For some people it is harder than others causing them to use these coping skills. Some other mental illness we are given through our genetic make-up. This is a big issue in our society because we look down on people with mental illness because we view it as not normal for them to be like that. "The effects that stigma has on people with mental illness and their families are extensive. With stigma comes a lack of understanding of important others, which can be invalidating and painful. This can lead to isolation and shame. Stigma can lead to harassment, bullying, and even violence. People with mental illnesses have faced discrimination in seeking employment and even housing. Stigma also prevents people from seeking help or getting treatment, and as a result, their symptoms become worse and more difficult to treat" (Caddell, 2019, para. 7). If someone feels like they can't seek treatment it pushes them into a deeper hole, and they become more and more sick with their mental illness. This could be depression, anxiety, addiction, and so much more. We also look at people who have a mental illness as weak and someone easy to pick on and push them deeper into their disease. Having a mental illness isn't something that's easy and everyone who has one knows the struggle what it's like to have one. As community we need to be able to be there for people who are experiencing this and offer ways for them to cope. Offering

them ways to cope is starting fundraisers for people who have mental illnesses and more support groups throughout the community and maybe having more support groups for families affected by this.

#### References:

Caddell, J. (2019, June 21). How to Cope With Stigma When You Have a Mental Illness. Retrieved October 2, 2019, from <https://www.verywellmind.com/mental-illness-and-stigma-2337677>.