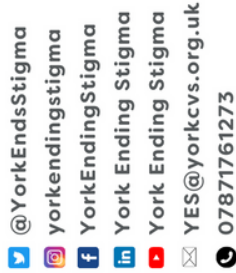


Contact us for more information...



www.yorkcvs.org.uk/york-ending-stigma



Sharing experiences
to end stigma and
bust myths about
mental health

#StigmaStillExists

We are looking for:

- Community Champions aged 16+ with personal experience of mental ill-health
- Employer Champions, with or without experience of mental ill-health, committed to ending mental health stigma in the workplace



Share

Talk about your own mental health as this may encourage others to open up too

Be sensitive in how you share - everyone has different experiences of mental health and these are all valid



Listen

Give someone time and space to talk without interruption or pressure

Listen without judgment

Don't try to fix things

Use open and encouraging body language



Validate

"I'm glad you've told me how you are feeling"

"Sorry to hear that you are feeling like that"

"That sounds tough"



Ask

"Have you felt like this before?"

"Do you know what might help you?"

"Is there anything you think that I can do to help?"

