

The Facts About Mental Illness

Mental Illness is relatively common in Michigan's 10 million residents close to 350,000 adults live with a serious mental disorder and about 112,000 children have a serious emotional disturbance.

In Wayne County about 75,000 individual's are being served in the public mental health system, but there are still thousands more who need service and go without services and treatment because they are embarrassed or feel they will be stigmatized if they get services.

When mental illness is not treated the consequences are deadly. Suicide is the eleventh leading cause of death in Michigan and is the third leading cause of death among youth and young adults age 15-24. Suicide is almost always the result of untreated mental illness.



**Detroit Wayne Mental
Health Authority**
640 Temple
Detroit, MI 48201
313-833-2500

**24 Hour Crisis Information &
Referral Line**

800-241-4949

TTY/TDD Line: 866-870-2599

Customer Service

888-490-9698

313-833-3232

TTY/TDD Line: 800-630-1044

www.dwmha.com

*Detroit Wayne Mental Health
Authority
believes that in order to
address Stigma, attitudes and
perceptions about
mental illness must change and
we invite everyone to become
knowledgeable about
anti-stigma initiatives in their
community.*

**MILESTONES
IN MENTAL
HEALTHCARE**

STIGMA

***Changing Attitudes About
Individuals With Mental Illness***



What is Stigma?

Stigma is a form of discrimination. It is also one of the leading reasons individuals with mental illness do not seek treatment for their condition.

Stigma also refers to attitudes and beliefs that lead people to reject, avoid and or fear those they perceive as being different.

WE STIGMATIZE WHEN WE.....

- Believe that a mental health problem is the individual's fault and or that the person is weak or stupid.
- Believe that mental disorders cannot be treated and that person with a mental illness can never get well or live a full productive life.
- Believe that it is okay to call persons with a mental illness, crazy, loony, nuts, or other negative names.
- Believe that persons with a mental illness are dangerous and/or to be feared.



Detroit Wayne Mental Health Authority's Efforts

The Detroit Wayne Mental Health Authority (DWMHA) works with a comprehensive network of providers who offer programs and services to persons with mental illness, developmental disabilities, and substance use disorders. DWMHA supports the belief that education about Mental Illness is the key to eliminating stigma.

DWMHA in collaboration with the Michigan Department of Community Health (MDCH), Service Provider Networks has developed and promotes Peer Programs that assists in educating staff, service providers, community, and Consumers on the negative effects of stigma and how it may be combated.

To learn more about these programs contact :
DWMHA Customer Service
313-833-3232
or visit website at
www.dwmha.com



What You Can Do to Help Combat Stigma

- **Recognize** that stigma is wrong, that stigma is discrimination and it is based on myths and misinformation about mental illness.
- **Recognize** that stigma should not be acceptable behavior. If you receive mental health services and you feel you have been stigmatized by a professional or peer you should discuss your feelings and share with those persons the isolation or discomfort that you experienced because of their stigmatizing views.
- **Educate** yourself and others about the damaging effects of stigma, cultivate qualities of compassion, and authentic admiration for individuals with a mental illness.
- **Join** organizations or advocacy groups that help support anti-stigma initiatives. You can learn more by visiting our website or linking to coalitions such as National Alliance for the Mentally, or the Substance Abuse & Mental Health Services Administration.