

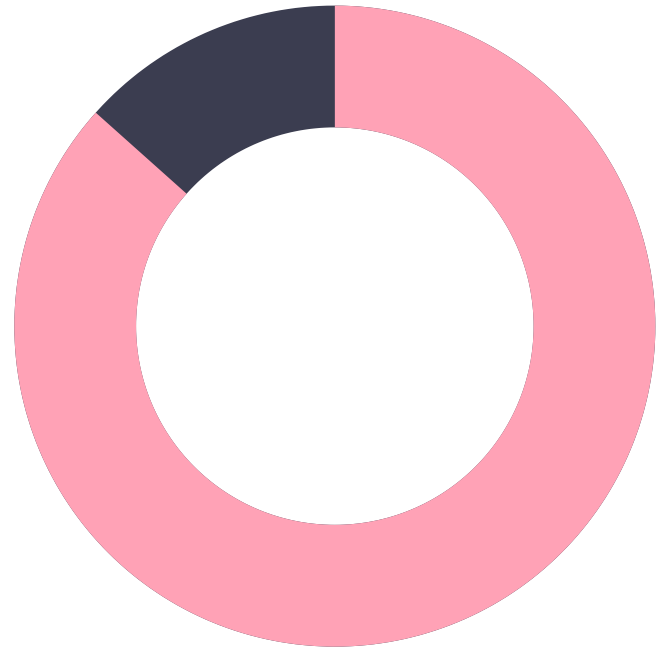


**RETHINK THE
STIGMA**

Changing the Conversation Around Mental Health

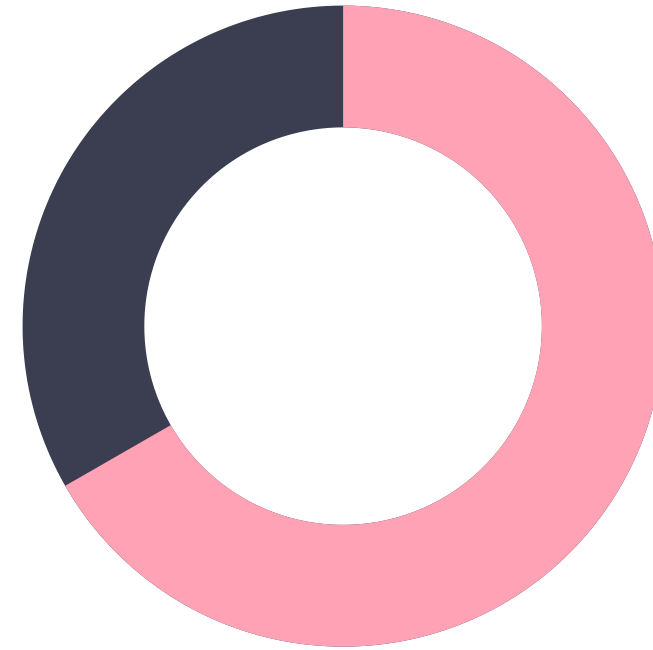


MYTH: STUDENTS DON'T EXPERIENCE DEPRESSION



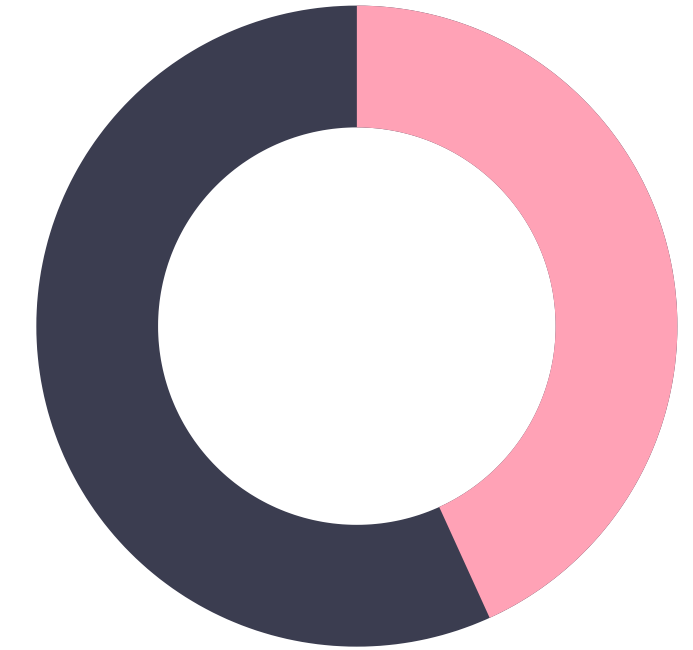
86.6%

of CWU Students
said they felt overwhelmed
by all they had to do



66.7%

of CWU Students
felt very sad in the
last year



43.2%

of CWU Students
43.2% felt so depressed it
was difficult to function

MYTH: COLLEGE STUDENTS DON'T SEEK HELP

In a 2018 study, 77.8% of CWU students reported that they would seek out help when they are experiencing a personal problem



STUDENT COUNSELING SERVICES

509.963.1881

400 E. University Way,
Corner of 11th and Poplar

*fees included in tuition
Confidential Services Available

WILDCATCARE365
24/7 VIRTUAL MEDICAL AND MENTAL HEALTHCARE FOR STUDENTS

WILDCATCARE365

TimelyCare App

*fees included in tuition
Confidential Services Available



WELLNESS CENTER

509.963.3213

SURC 256

*fees included in tuition
Confidential Services Available

LANGUAGE MATTERS, YOUR WORDS HAVE IMPACT

"I'm so OCD"

OCD can be a debilitating mental health condition characterized by intrusive thoughts, rituals, and compulsions that **extend much farther than media portrays of cleanliness**. OCD can severely affect an individual and is mentally exhausting, and can cause unwanted thoughts that can make everyday activities like school and work difficult.

By using this phrase, it reinforces the stigma that OCD looks the same for everyone.

"This class gave me PTSD"

"When comments reduce PTSD to the level of a *tough exam* or a *sports team loss* (or as someone recently tweeted to me, weather change) it's not only **disrespectful of the survivor experience** but also serves to reinforce an attitude of disregard. In this way, such comments **increase mental health stigma** in the public arena and can dramatically reinforce survivors' self-criticism, which hampers recovery efforts.

- Michele Rosenthal, post-trauma coach.

"I stayed up until 2am, my insomnia is so bad"

Insomnia is defined as the "persistent difficulty" with sleep initiation, duration, consolidation or quality. There are many requirements needed to be diagnosed, and those that are diagnosed face many problems that disrupt their daily life and performance in school, work, and social environments.

Using this term with no diagnosis decreases the importance of insomnia and continues the stigma.

"That movie made me so depressed"

These statements are used to describe a feeling they're experiencing right now, at a specific time, in response to one thing. Depression, however, is a mood disorder that causes a persistent feeling of sadness and loss of interest. Depression affects the individual day and night, and leads to difficulty doing every day activities, and may even make the individual feel like life isn't worth living.

By using this phrase, we are diminishing the experiences of those diagnosed and normalizing a serious mental illness.

WAYS WE CAN

 **BREAK** 

THE STIGMA

TALK ABOUT YOUR STRUGGLES WITH A FRIEND

Despite what our culture tells us, good friends want to listen to your problems and, if wanted, help you talk through them. Talking with a trusted friend who knows you and can empathize with you is beneficial to your mental health and feeling heard and listened to.

It can be daunting and scary, but those we surround ourselves with **want** to listen to us, and we should not shy away from this to keep a “cool” demeanor or to seem always happy.



SEE A MENTAL HEALTH PROFESSIONAL



It's okay to ask for help.

Seeing a therapist or counselor who can have an unbiased views on issues around you can be freeing. You can talk openly and honestly with someone who will listen nonjudgmentally and can help you adapt and grow into your emotional intelligence. It is not a sign of weakness to ask for help, but a signal of strength.



REFLECT ON PERSONAL VIEWS AND BIASES

Our views often originate from our childhood and family, and these views can possibly be harmful and problematic. It's important to reflect where you stand on certain subjects and how you are helping to break the stigma. Here's some questions you can ask yourself:

- What are my views on seeking help? Talking with friends about mental health? Supporting a partner?
- Do I feel comfortable speaking up against harmful stigmas?
- How can I help break stigma about mental health with my friends? On campus? In my family?
- How do I feel about asking for help when I need it? What is holding me back?

cut out these images

End The Stigma

