DISCLOSURE:
who and how
What is Stigma?

• Public stigma: prejudice and discrimination that steals rightful life opportunities

• Self-stigma: internalized prejudiced that leads to shame and “why try.”
Fixing Stigma?

• Public Stigma
  – Contact with people sharing their recovery stories
  – Health care professionals

• Self-stigma
  – Disclose one’s experiences with mental illness/recovery

COMING OUT PROUD

to erase the stigma of mental illness

www.COPprogram.org
COMING OUT PROUD TO ERASE THE STIGMA OF MENTAL ILLNESS:

STORIES AND ESSAYS OF SOLIDARITY

PATRICK W. CORRIGAN
JON E. LARSON
PATRICK J. MICHAELS
# People with Lived Experience: Pros of Coming Out

1. **To Tell the Secret**
   “I just wanted someone else to know that I get hospitalized for manic-depression.”
   “I don’t want to have to feel like I’m sneaking around with a secret.”
   “I felt bad for having to keep private. I don’t want to feel bad anymore.”

2. **Understanding**
   “I’m hoping others will understand not only my mental illness, but the difficulty of trying to keep it a secret.”
   “I’d like someone to say to me, ‘I’ve had problems too.’”

3. **Support and Assistance**
   “Sometimes I get sad. I’m looking for friends who can be supportive.”
   “Can you give me a ride to the doctor?”
   “Sometimes, I just need someone to talk to.”

4. **Reasonable Accommodations**
   “It’s the law. When I ask for sensible help at work, you need to give it to me.”
   “Can I come in a half hour late this week? I’m feeling a little down. I’ll make it up next week.”
# Pros and Cons: Consumer of Mental Health Services

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### Table 1.2: Some Costs and Benefits of Coming Out with Mental Illness

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Story Contents?
Consumer of Mental Health Services

• My name is...
• I have a disorder called...
• My childhood was...
• My mental illness started when...
• Unfortunately, it did not go away.
• My path to recovery was...
• Along the way, there was stigma.
• Despite this, I have achieved...
Story Contents?

PROVIDER of Mental Health Services

• My name is...
• I have a disorder called...
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• Unfortunately, it did not go away.
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• Despite this, I have achieved...
Learn More about It

• Coming Out Proud
  to Erase the Stigma of Mental Illness
  – Manual
  – Workbook
  – Training plan
  – Network

• www.COPprogram.org

  corrigan@iit.edu