

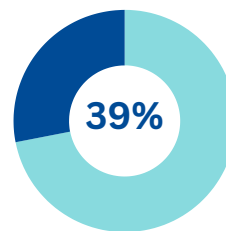
# STIGMA AROUND CHILD MENTAL HEALTH AND WELLBEING

**Stigma is when someone sees you negatively because of a characteristic such as cultural background, disability, or mental illness.**

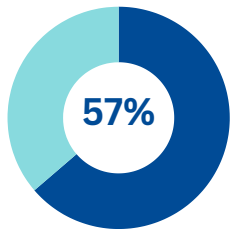
## DID YOU KNOW?



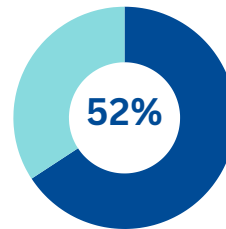
**2 in 5 young Australians** prefer to deal with emotional problems alone due to fear of what others might think.



of young people say stigma is the main barrier stopping them from seeking help.



of Australians believe stigma around mental illness still exists.



feel there is stigma around seeking professional help.

## HOW TO CHALLENGE STIGMA?

- ➡ Get the help you need. Mental illness is not weakness, reaching out is strength.
- ➡ Don't believe the labels. Other people's ignorance does not define you.
- ➡ Don't hide away. Connect with trusted family, friends, teachers or community leaders.
- ➡ Find connection. Support groups (online or in person) remind you that you are not alone.
- ➡ Use empowering language. Say "I have this problem" instead of "I am the problem".
- ➡ **Remember:** it's not personal. Judgements come from misunderstanding, not truth.

## WHAT WE CAN ALL DO?

- ➡ Learn the facts about mental illness and share them.
- ➡ See people for who they are, not their illness.
- ➡ Treat everyone with dignity and respect.
- ➡ Challenge harmful language and stereotypes.
- ➡ Share your own experiences (if you feel safe) – stories break down stigma.

Scan the QR code  
to know more

