

STOP THE STIGMA START THE CONVERSATION

Courtesy of: **1N5**

What is Stigma?

Stigma is a product of prejudice and often invites discriminatory attitudes, rhetoric, and actions against those diagnosed with mental illness.

This damaging response impacts all aspects of an individual's life. It impairs relationships, decreases productivity, and lowers one's self-esteem. Although stigma is directed towards some, it affects all.

Why It Matters

Stigma perpetuates harmful stereotypes and misconceptions about mental illness. Fear of rejection and judgement can prevent those in need from speaking about their experiences and seeking necessary assistance and treatment. [Link here](#) to find resources near you.

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Fast Facts



1 in 5 youth experience serious mental illness in a given year



America loses **\$191 Billion** in income annually due to serious mental illness



56% of those diagnosed individuals do not receive treatment



Mental illness **does not discriminate** against whom it affects. Every age, race and gender can be diagnosed.

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Learn More

Knowledge is powerful. Access the resources on the 1N5 website at [1N5.org](#). Make it a priority to learn more about mental health.



Stay Active

Continue the fight against stigma by raising awareness for mental health issues. Become an advocate today.

Visit [1N5.org](#)

Spread the Word

Words matter. Having open discussions about mental health can bridge the gap between misconceiving and understanding mental illness.

One conversation can make the difference.

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