

Detroit Wayne Integrated Health Network has staff, Peer Support Specialists, Peer Mentors and other advocates to help overcome and eliminate stigma.

For more information about Detroit Wayne Integrated Health Network's Anti-Stigma Initiatives, please contact:

Detroit Wayne Integrated Health Network
Customer Service at:
Local: 313.833.3232
Toll Free: 888.490.9698

stand up against stigma

**No Health without
Mental Health**

Disclaimer: DWIHN does not discriminate or exclude people or treat them differently because of race, color, national origin, age, disability or sex.

IMPORTANT PHONE NUMBERS

Detroit Wayne Integrated Health Network
707 West Milwaukee St.
Detroit, MI 48202
www.dwihn.com

General Office
313.833.2500

Centralized Access Center
24-Hour Crisis/Information & Referral
Toll Free: 800.241.4949
Local Calls: 313.224.7000
TTY: 866.870.2599

CUSTOMER SERVICE
Consumer Affairs and Community Outreach

Toll Free: 888.490.9698
Local: 313.833.3232
TTY: 800.630.1044

Grievances & Appeals
Toll Free: 888.490.9698
Fax: 313.833.4280

Family Support Subsidy
Toll Free: 888.490.9698
Local: 313.344.9099
Fax: 313.833.4150

Office of Recipient Rights
Toll Free: 888.339.5595
TTY: 888.339.5588
Fax: 313.833.2043



What Every Consumer Should Know About Combating Stigma

**"Opening Minds,
Closes Doors to Stigma"**



Artwork:
Courtesy of A Place of Our Own Clubhouse



What is Stigma?

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

You Know You're Stigmatizing If.....

- Words like crazy, psycho, loony, etc. are used to describe yourself or others.
- You are referred to as being difficult.
- You are refused housing because of your mental illness.
- You are refused employment that you are qualified for because of your behavioral health illness.
- You are not being treated with dignity and respect by healthcare professionals.
- People fear you or avoid you because of your behavioral illness.

What Every Consumer Should Know About Stigma

Did you know that...?

- Stigmatizing behavior can be viewed as discrimination or harassment.
- Stigma may cause individuals with behavioral health illness to feel isolated in a community.
- Stigma may result in individuals feeling a lack of social support, positive social roles, coping and problem-solving skills.
- It is important that healthcare providers avoid using stigmatizing behaviors towards consumers.

What Can You Do?

- Educate yourself on Stigma.
- Recognize that stigmatizing behavior is not normal or acceptable anywhere.
- Seek professional help for your behavioral health illness.
- Request a Peer Support Person to partner with while obtaining behavioral health services.
- Do not get upset, remain calm when someone says something demeaning; just show them with dignity that their comment was inappropriate.
- Report Stigma if you or someone you know is a victim.



DWIHN's MISSION

We are a healthcare safety net organization that provides access to a full array of integrated services that facilitate individuals to maximize their level of function and create opportunities for quality of life.