

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.org](http://www.dwihn.org)

### **General Office**

313.833.2500  
TTY: 711

### **Centralized Access Center 24-Hour Crisis/Information & Referral**

Toll Free: 800.241.4949  
Local Calls: 313.224.7000

### **DWIHN Crisis Call Center**

1.844.462.7474  
24/7/365

### **DWIHN Mobile Crisis Unit**

707 West Milwaukee St.  
Detroit, MI 48202  
1.844.462.7474

### **CUSTOMER SERVICE**

#### **Consumer Affairs and Community Outreach**

Toll Free: 888.490.9698  
Local: 313.833.3232

#### **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  
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.



## PEER SUPPORT

### 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.