

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



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 Community 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.....

- You don't realize that a behavioral health problem is an illness that can be treated.
- You use words like crazy, psycho, loony, etc. to describe individuals with a behavioral health illness.
- You think that a behavioral health problem is the person's fault.
- You are afraid to live near or socialize with a person with a behavioral health illness.
- You feel that individuals with a behavioral health illness are dangerous and are to be feared.
- You feel that a person with a behavioral health illness is unable to live a full and productive life.



What Every Community Should Know About Stigma

Did you know that...?

- There are many different types of stigma in our society, based on gender, race, ethnicity, religion, and sexual orientation, behavioral and physical disabilities.
- People with behavioral health illnesses have the same rights as other citizens.
- Stigma is a form of discrimination and/or harassment and can be viewed as a violation of the American with Disabilities Act (ADA).
- Stigma may cause individuals with behavioral health illnesses to feel isolated in a community.
- Stigma impedes people from seeking help for fear the confidentiality of their diagnosis or treatment will be breached.
- Stigma excludes individuals with a behavioral health illness from activities that are open to other people, i.e. employment, housing and education.
- Behavioral health illnesses are often negatively portrayed in the media.

What Can You Do?

- Educate yourself and others about the damaging affects of Stigma.
- Recognize that stigmatizing behavior is not normal or acceptable anywhere.
- Speak out against Stigma.
- Cultivate qualities of compassion, tolerance and authentic admiration for individuals with a behavioral health illness.
- Join support groups that support Anti-Stigma initiatives, i.e. National Alliance for the Mentally Ill (NAMI) and the Arcs.
- Challenge stereotypes in the media by writing letters to the editors of newspapers or television shows.
- Promote combating Stigma as everyone's responsibility, i.e. politicians, civil servants, businesses, health organizations, schools, neighbors, youth groups, older adults, families and communities.

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.