

Mental-Health Crisis?

Help is available 24-7



(Johnson County)

Crisis Phone | Chat | Text
1-855-325-4296

Mobile Crisis Outreach
1-855-800-1239



(Linn County)

Crisis Line &
Mobile Crisis Outreach
1-800-332-4224



(Iowa)

Your Life Iowa

Text: (855) 895-8398

Call: (855) 581-8111

Live chat:

<https://yourlifeiowa.org/>

Spotlight on Mental Health

(February, 2022)

In the spotlight this month...

*I think it's really important to **take the stigma away from mental health**.... My brain and my heart are really important to me. I don't know why I wouldn't seek help to have those things be as healthy as my teeth?*

Kerry Washington



Why is it so important to reduce and eliminate the stigma associated with having a mental health problem?

Erasing the stigma around mental illness requires all of us.

The stigma we're talking about here is the set of negative beliefs and attitudes held by the general public that causes them to reject, avoid, or discriminate against individuals with mental illnesses. Many who experience mental health problems would rather suffer in loneliness than face the discrimination or ridicule of others. They are not so likely to seek help and are apt to avoid acknowledging that they need help. Because the stigma is such a huge barrier to treatment, it also stands in the way of recovery. Stigma alters the way a person with a mental illness is treated socially by friends, family, and peers. Just as some people try to avoid interactions with newly diagnosed cancer patients, they often avoid conversation opportunities, phone calls, and social media contacts with individuals known to have mental health problems. In sum, the stigma contributes to social isolation, negative feelings about self, and resistance to treatment opportunities that could offer a path to wellness.