

PRESS RELEASE

Stigma in the Mental Health Community: Personal, Professional, Public

Say the words “mental illness” to someone and it often conjures up negative thoughts of “weak, unstable, undependable, irrational, dishonest” or even “violent”. That is the power of stigma, an ever-perpetuating destructive force that first labels, then isolates the person with that label, undermining their identity even to themselves! Statistics report that mental illness affects 1 in 4 and can appear at anytime in one’s life. With an illness so prevalent, how can it still continue to be shrouded in stigma and shame?

If you have underestimated the effects of stigma, you may be surprised to know that:

- Buying into mental health stigmas results in alienation, judgment, blame, ridicule and secrets.
- Internalizing stigma causes shame and prevents individuals from seeking treatment.
- Societal stigma about mental illness results in stereotyping and discrimination.

Carol Kivler is a popular mental health speaker, author of 4 books and international executive coach and consultant. And she is an expert on depression having been hospitalized for four serious bouts of clinical depression. Her own journey was littered with stigma that often caused more pain and heartache than the illness itself. For every label that she or others cast for her, shame tried to bury her identity. As she became reacquainted with her true identity apart from the illness, recovery came into reach. She then made it her mission to educate the masses and provide tools to bust stigmas whether they are...

- Stigmas within society
- Stigmas within self
- Stigmas within the mental health and medical profession

Mental illness is nothing to be ashamed of. It’s up to each of us, individually and as a society, to address our own fears, doubts, and biases. Together we can combat stigma.

Contact: Carol Kivler 609-882-8988 or Karen Meltzer 609-897-9442
Or visit www.carolkivler.com