



challenge yourself to know more about mental health – STOMP OUT STIGMA *Hallways*

Objective: Opportunity for congregation members to **challenge** themselves to learn more about mental health and reduce stigma in their faith communities.

Stigma surrounding mental illnesses and treatment is the number one reason why someone would not get help and treatment.

Instructions:

1. Discuss as a be nice. Mental Health Team what's the importance of this activity.
 - a. What are you all **noticing** about how and in what contexts your pastor preaches and even how fellow congregation members talk about mental health and illness?
 - b. Are there any stigmatizing words that they are using or hearing?
 - i. E.g. attention seeker, psycho, moody, snap out of it...
2. Discuss action steps – would it help to learn more of the FACTS about mental illness?
3. Divide the be nice. Mental Health Team into groups and assign them an illness to research. Do not research signs and symptoms, the following facts are relevant:
 - a. How many young Americans have this illness?
 - b. Is this illness genetic?
 - c. Who are some well-known people who have been diagnosed with this illness?
 - d. What are different treatments for this illness?
 - e. What are some things that people might think about this illness that aren't true? What are myths vs. facts?
 - f. Generalized Anxiety Disorder, Clinical Depression, Bipolar Disorder, Eating Disorders, ADHD, Schizophrenia are some to start with.
 - g. What are some things that people with this illness would like others to know? What are some helpful things to say to someone with this illness.

4. Have team members create posters that reflect these stats and myths vs. facts.
5. Designate a hallway in your church a different illness and display your posters.
6. Make sure to explain the activity to congregation members and on the announcements.
7. Make sure to make this a be nice. event. Use the logo and Action Plan on posters. Use this as a way to promote the third step of the Action Plan, **challenge**.

Additional Resources:

- nami.org
- psychiatry.org

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Generalized Anxiety Disorder

- a. How many young Americans have this illness?
- b. Is this illness genetic? What are some other risk factors for this illness?
- c. Who are some well-known people who have been diagnosed with this illness?
- d. What are different treatments for this illness?
- e. What are some things that people might think about this illness that aren't true? What are myths vs. facts?
- f. What are some things that people with this illness would like others to know? What are some helpful things to say to someone with this illness?

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Clinical Depression

- a. How many young Americans have this illness?
- b. Is this illness genetic? What are some other risk factors for this illness?
- c. Who are some well-known people who have been diagnosed with this illness?
- d. What are different treatments for this illness?
- e. What are some things that people might think about this illness that aren't true? What are myths vs. facts?
- f. What are some things that people with this illness would like others to know? What are some helpful things to say to someone with this illness?

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Bipolar Disorder

- a. How many young Americans have this illness?
- b. Is this illness genetic? What are some other risk factors for this illness?
- c. Who are some well-known people who have been diagnosed with this illness?
- d. What are different treatments for this illness?
- e. What are some things that people might think about this illness that aren't true? What are myths vs. facts?
- f. What are some things that people with this illness would like others to know? What are some helpful things to say to someone with this illness?

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Eating Disorders

- a. How many young Americans have this illness?
- b. Is this illness genetic? What are some other risk factors for this illness?
- c. Who are some well-known people who have been diagnosed with this illness?
- d. What are different treatments for this illness?
- e. What are some things that people might think about this illness that aren't true? What are myths vs. facts?
- f. What are some things that people with this illness would like others to know? What are some helpful things to say to someone with this illness?

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Attention Deficit Hyperactivity Disorder (ADHD)

- a. How many young Americans have this illness?
- b. Is this illness genetic? What are some other risk factors for this illness?
- c. Who are some well-known people who have been diagnosed with this illness?
- d. What are different treatments for this illness?
- e. What are some things that people might think about this illness that aren't true? What are myths vs. facts?
- f. What are some things that people with this illness would like others to know? What are some helpful things to say to someone with this illness?

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Schizophrenia

- a. How many young Americans have this illness?
- b. Is this illness genetic? What are some other risk factors for this illness?
- c. Who are some well-known people who have been diagnosed with this illness?
- d. What are different treatments for this illness?
- e. What are some things that people might think about this illness that aren't true? What are myths vs. facts?
- f. What are some things that people with this illness would like others to know? What are some helpful things to say to someone with this illness?