Mental Health Stigma

Many people with mental health issues struggle with the negative effects of stigma. They have been either blamed for their condition, told to just try harder, or have been discriminated against because of fear, false beliefs, and misinformation. These negative associations with mental illness can cause people to feel ashamed and may prevent them from seeking the help they desperately need. We all can do more to address this important issue.

The National Alliance on Mental Illness suggests ways to overcome stigma:
• Speak up about your own mental health issues
• Express equality between physical and mental illnesses
• Educate yourself and others
• Be language conscious
• Show compassion for people with mental health issues

The Mental Health Association of New York State offers a training on mental health and wellness that addresses the stigma of mental illness.

For resources related to mental health or any other issue, contact your EAP coordinator using the coordinator listing or call 1-800-822-0244.

WellNYS Everyday
oer.ny.gov/wellnys-everyday

Network Child Care Centers
oer.ny.gov/nys-network-child-care-centers

Pre-Retirement Planning
oer.ny.gov/directions-pre-retirement-planning-information

Online Training and Webinars
www.achievesolutions.net/empireplan/resources

NYProjectHope.org
NYS Emotional Support Helpline
1-844-863-9314
8:00 a.m. - 10:00 p.m.
7 days a week

Work-Life Services (WLS) Programs are joint labor-management programs that benefit New York State employees by enhancing employee well-being, increasing productivity, and improving morale in the workplace. The WLS programs include the Employee Assistance Program, Network Child Care Centers, and DIRECTIONS: Pre-Retirement Planning. The WLS programs are funded through the collective bargaining agreements between the State of New York and the public employee unions: CSEA, PEF, UUP, NYSCOPBA, GSEU, Council 82, DC-37, and PBANYS. The Office of Employee Relations contributes on behalf of management/confidential employees.