



Stigma Workshop Resources Articles of Interest

SOME BASIC FACTS ON MENTAL ILLNESS

A Report on Mental Illnesses in Canada (2002). The Public Health Agency of Canada. Available at: <http://www.phac-aspc.gc.ca/publicat/miic-mmacc/>

Quick Facts on Mental Illnesses and Additions in Canada, MDSC, May 2006. Available at: <http://www.mooodisorderscanada.ca>

CONSUMER AND FAMILY EXPERIENCES OF STIGMA

Pull yourself together: A survey of peoples' experience of stigma and discrimination as a result of mental distress (2000). Mental Health Foundation, London, UK. Available at: <http://www.mentalhealth.org.uk/page.cfm?pagecode=PBUP0204>

Canadian attitudes towards disability issues: 2004 benchmark survey. Social Development Council of Canada: Available at: <http://www.sdc.gc.ca/>

Discrimination against people with mental illness and their families: Changing attitudes, opening minds: A report of the BC Minister of Health's Advisory Council on Mental Health (April 2002). Available at: www.health.gov.bc.ca/mhd/advisory/discrim_report_mar_apr_02.pdf

[The many stigma of mental illness](#), Dr. K. Jameson, The Lancet: Vol. 367, Feb. 11, 2006.
Not Just Sticks & Stones: A survey of the stigma, taboos and discrimination experienced by people with mental health problems. Nov. 1996.

STIGMA IN THE MEDIA

Francis, C., Pirkis, J., Dunt, D., & Blood, R. W. (2001). Mental health and illness in the media: A review of the literature. Canberra: Mental Health and Special Programs Branch, Department of Health and Aging, Australia. Available at: www.auseinet.com
National Mental Health Association (2000). *Stigma matters: Assessing the media's impact on public perception of mental illness*, Chicago: National Mental Health Association. Available at: <http://www.mindframe-media.info/mi/media.php>

Media images and messages about stigma: The good, the bad and the ugly (2003). The Pfizer Journal, Special Edition: health Repercussions of Stigma. Available at: <http://www.thepfizerjournal.com/>

Roth Edney, D. (2004). Mass media and mental illness: A literature review. Available at: http://www.ontario.cmha.ca/content/about_mental_illness/mass_media.asp

Byrne, P. (2003). Psychiatry and the media. *Advances in Psychiatric Treatment* Vol 9 p. 135 – 143. Available at: <http://apt.rcpsych.org/cgi/content/full/9/2/135>

Mindshift: A guide to open-minded media coverage of mental health. Available at: <http://mindout.clarity.uk.net/p/p03-media.asp>

Mindframe media guide (Australia). Available at: <http://www.mindframe-media.info/about/index.php>

Mind over Matter: Improving media reporting of mental health (2006). Available at: <http://www.shift.org.uk/mindovermatter.html> published in the wake of an outcry in Britain when a newspaper headline reported "Bonkers Bruno Locked Up" – referring to the mental health problems of former heavyweight champion Frank Bruno.

Research on ways of combating stigma

Weiss, M. & Ramakrishna, J. (2001). Interventions: Research on reducing stigma. Available at: www.stigmaconference.nih.gov/WeissPaper.htm

Link, B. Mirotznik, J & Cullen, F. (1991). The effectiveness of stigma coping orientations: Can negative consequences of mental illness labelling be avoided. *Journal of Health and Social Behavior*. 32(3), p. 302 – 320. Abstract available at: <http://www.ncbi.nlm.nih.gov/>

Reducing stigma and discrimination: What works? (June, 2003) Showcasing examples of best practice of anti-discrimination projects in mental health. Conference report: Rethink / Institute of Psychiatry conference held in Birmingham, England. Available at: <http://www.iop.kcl.ac.uk/>

Van der Meij, S. & Heijnders, M. (2004). The fight against stigma: Stigma reduction strategies and interventions. A paper prepared for the research Workshop on Health-Related Stigma, Amsterdam. Available at: <http://www.kit.nl/>

Stuart, H. (2005). Fighting Stigma and discrimination is fighting for mental health. Available at: <http://www.mooddorderscanada.ca> (Publication Archives)

Canadian Public Policy Special Electronic Supplement: Mental health reform in the 21st century. Available at: <http://economics.ca/>

[Health Repercussion of Stigma](#): The Pfizer Journal: Global Addition Vol. V. Nov. 1st 2004. [Stigma & Global Health](#): Developing a research agenda. The Lancet, Vol. 367, Feb. 11, 2006.

Adverse Effects of Perceived Stigma on Social Adaptation of Persons Diagnosed With Bipolar Disorder. Available at: <http://www.mooddorderscanada.ca> (Publication Archives)

Fighting Stigma and Discrimination is Fighting for Mental Health. Available at: <http://www.mooddorderscanada.ca> (Publication Archives)

From Here to Equality: A Strategic Plan to Tackle Stigma and Discrimination on Mental Health Grounds, 2004 – 2009, National Institute on Mental Health in England. Available at: <http://www.mooddisorderscanada.ca> (Publication Archives)

Health service research: is there anything to learn from mental health. Available at: <http://www.mooddisorderscanada.ca> (Publication Archives)