



# Speaking notes

(2 minutes)

## Purpose of document

These speaking notes can be used when making presentations to workplaces and to share information about the campaign with staff.

You may wish to highlight what your workplace has in place or is doing to address mental health stigma and discrimination.

Key resources are highlighted that you may wish to share or distribute.

- October is Mental Health Month
- Our workplace committed to reducing mental health stigma and discrimination
- We have signed up to support the Stampede Stigma campaign

## What is Stampede Stigma?

- Stampede Stigma is a health campaign to change attitudes and behaviour towards people with mental health issues, so they don't have to live in shame, isolation and silence.
- No one should have to fear being treated differently because of a mental health issue.

## What is mental health stigma and discrimination?

- Mental health stigma is when someone sees a person with a mental health issue in a negative way because of negative opinions, stereotypes or judgements about people with any kind of mental health issue

- Stigma often comes from negative beliefs or lack of information. It can be unintentional.
- Stigma and discrimination can deny people with mental health issues the opportunity to live their lives to the full.
- It can discourage someone from seeking help; it can delay and impair recovery; it can cause isolation; it can make it hard to build new relationships or sustain current ones

## The stats

- 1 in 5 Australians will experience a mental health issues in any given year
- Almost 1 in 2 Australians will experience a mental health issue in their lifetime
- Mental health issues can affect anyone
- 3 out of 4 people say they have faced stigma and discrimination as a result of their mental health issue.

## What you can do!

- Learn about mental health
- Be aware of your language
- Call out stigmatising language
- Connect with others
- Treat mental and physical health equally

## Where to go for more information

Visit [stampedestigma.org](http://stampedestigma.org) to access resources and videos.