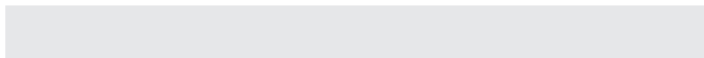
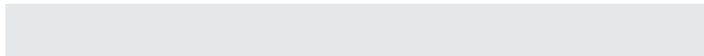




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Reducing Stigma

Stigma is a negative attitude or behavior towards a person or group of people based on a perceived characteristic, such as a disability, illness, or race. Stigma can be harmful to the person being stigmatized and can lead to discrimination and social isolation.

1. Pay attention to language.

Language plays a significant role in the perpetuation of stigma. Using stigmatizing language, such as "suffer from" or "afflicted with," can imply that a person's condition is a weakness or a burden. Instead, using person-first language, such as "person with a disability," emphasizes the individual's humanity and separates the person from their condition.

2. Rethink "sick" days.

Using the term "sick" to describe a person's condition can be stigmatizing, as it implies that the person is weak or vulnerable. Instead, using terms like "illness" or "condition" can be more respectful and accurate. Additionally, recognizing that everyone experiences illness and taking sick days when needed is a normal part of life.

3. Encourage open and honest conversations.

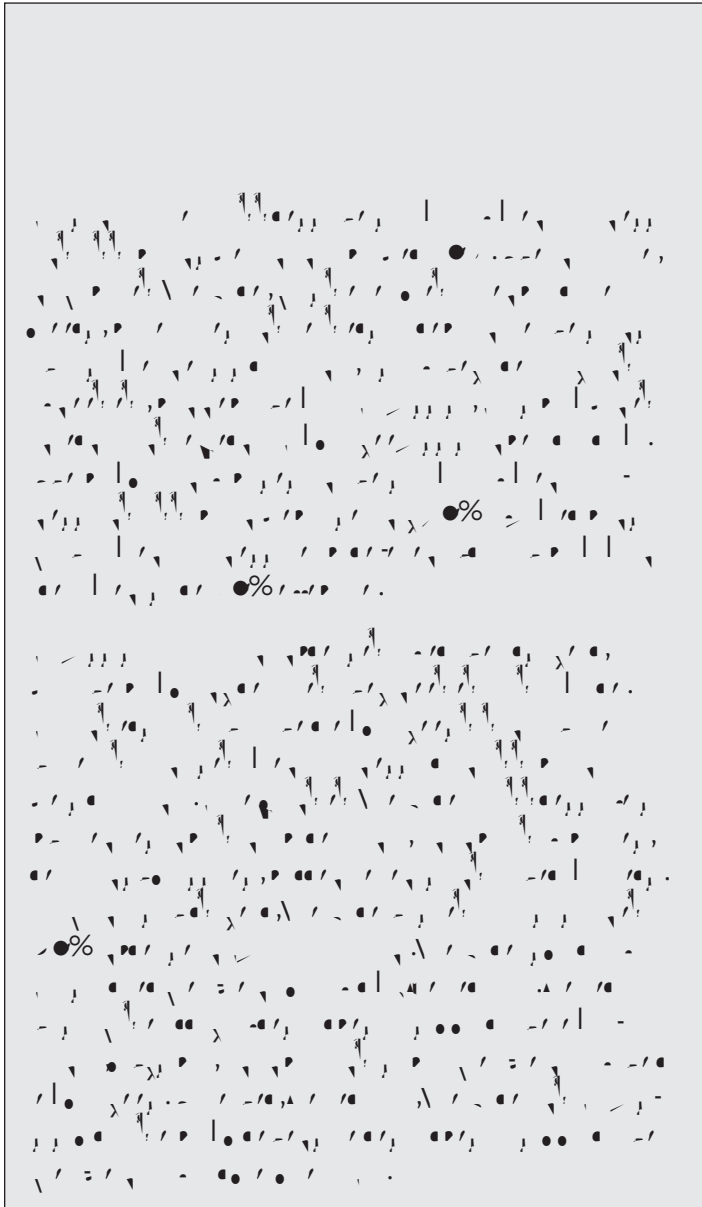
Open and honest conversations about mental health and disability can help reduce stigma. Encourage people to share their experiences and feelings, and listen with empathy and understanding. Normalizing these conversations can help people feel less isolated and more supported.

4. Be proactive.

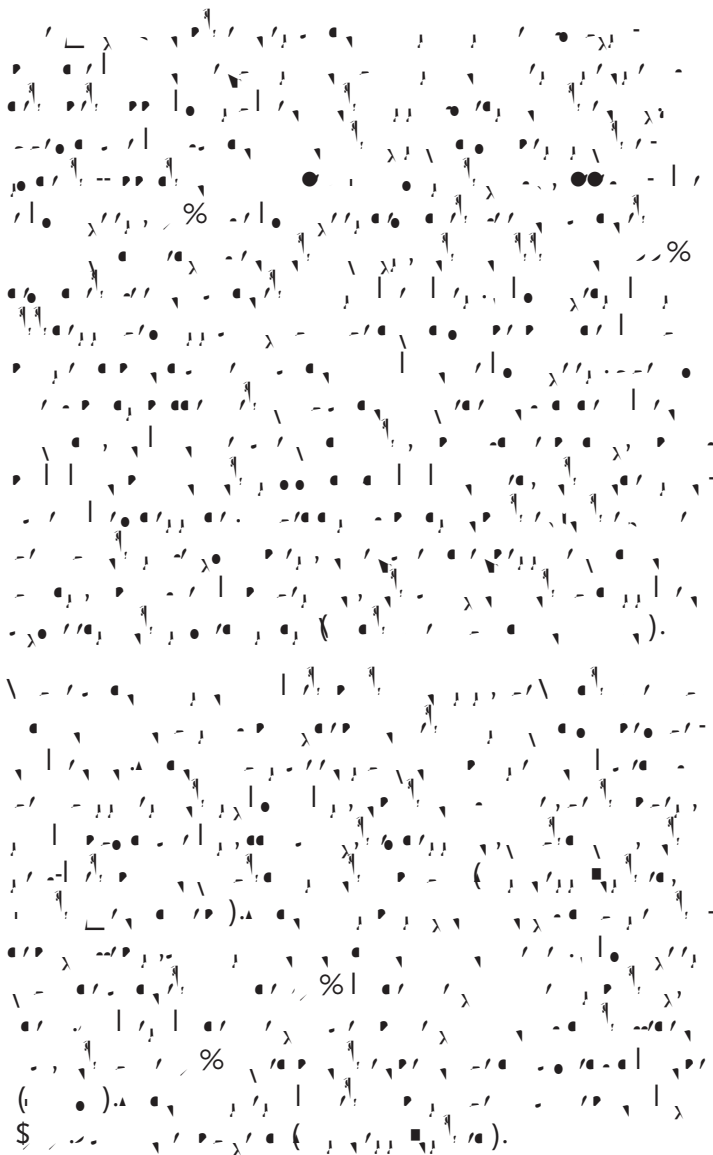
Being proactive in reducing stigma involves taking steps to educate yourself and others. This can include reading books, articles, and research on mental health and disability, attending workshops and seminars, and participating in community events. Proactive actions can help create a more inclusive and supportive environment.

5. Train people to notice and respond.

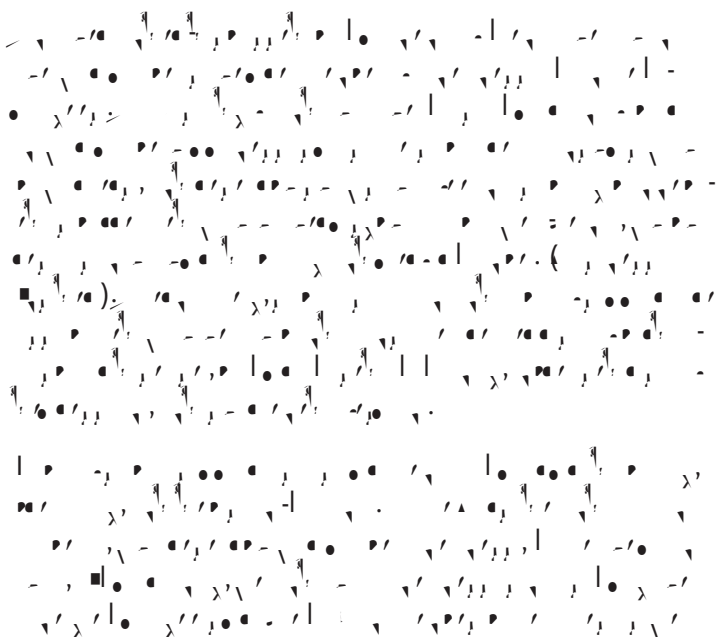
Training people to notice and respond to stigma is essential for creating a more inclusive society. This can involve providing education and resources to help people recognize and challenge stigmatizing behaviors. Training can also focus on developing empathy and active listening skills, which are crucial for supporting individuals who experience stigma.



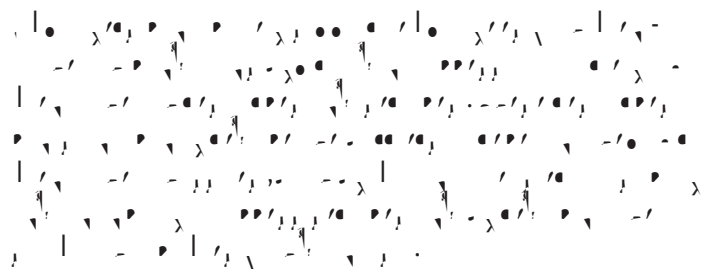
Burnout



Loneliness



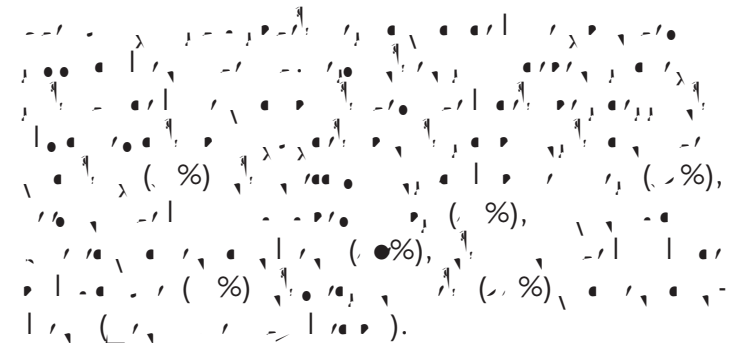
Supporting employees with mental health conditions



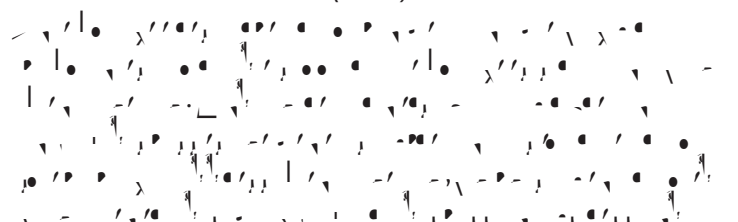
Employee Assistance Program (EAP):



Flexibility:



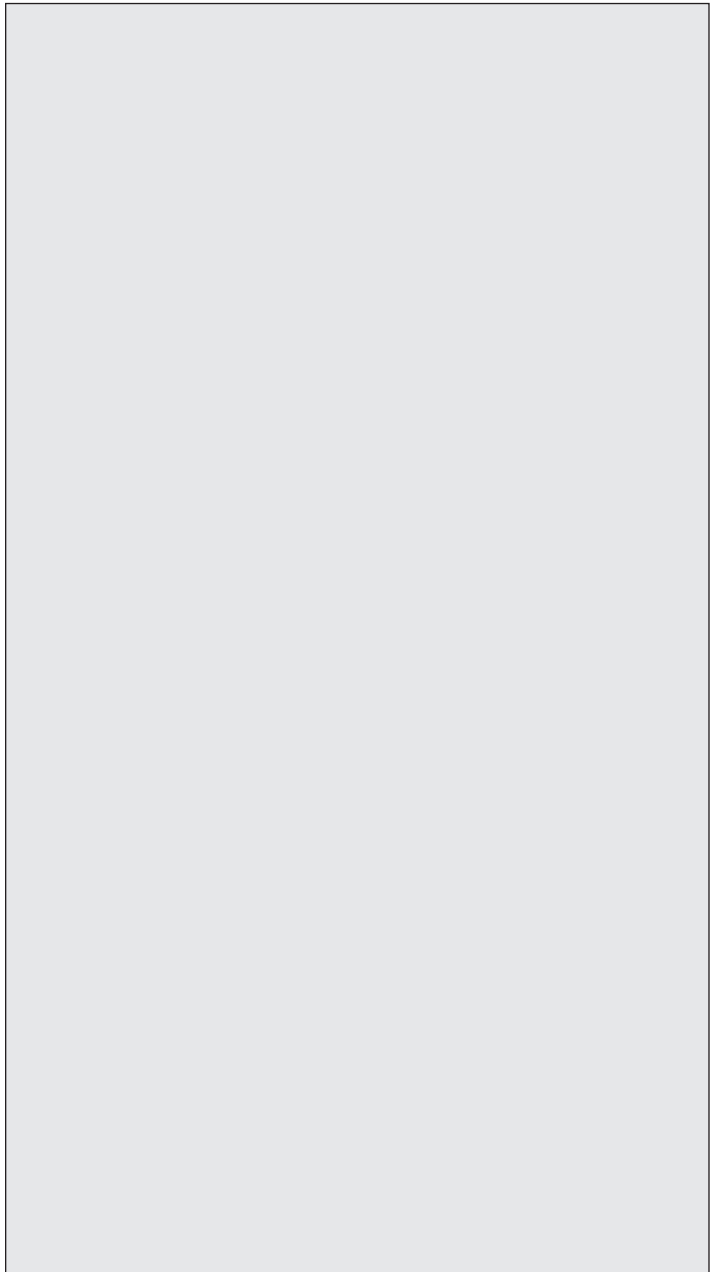
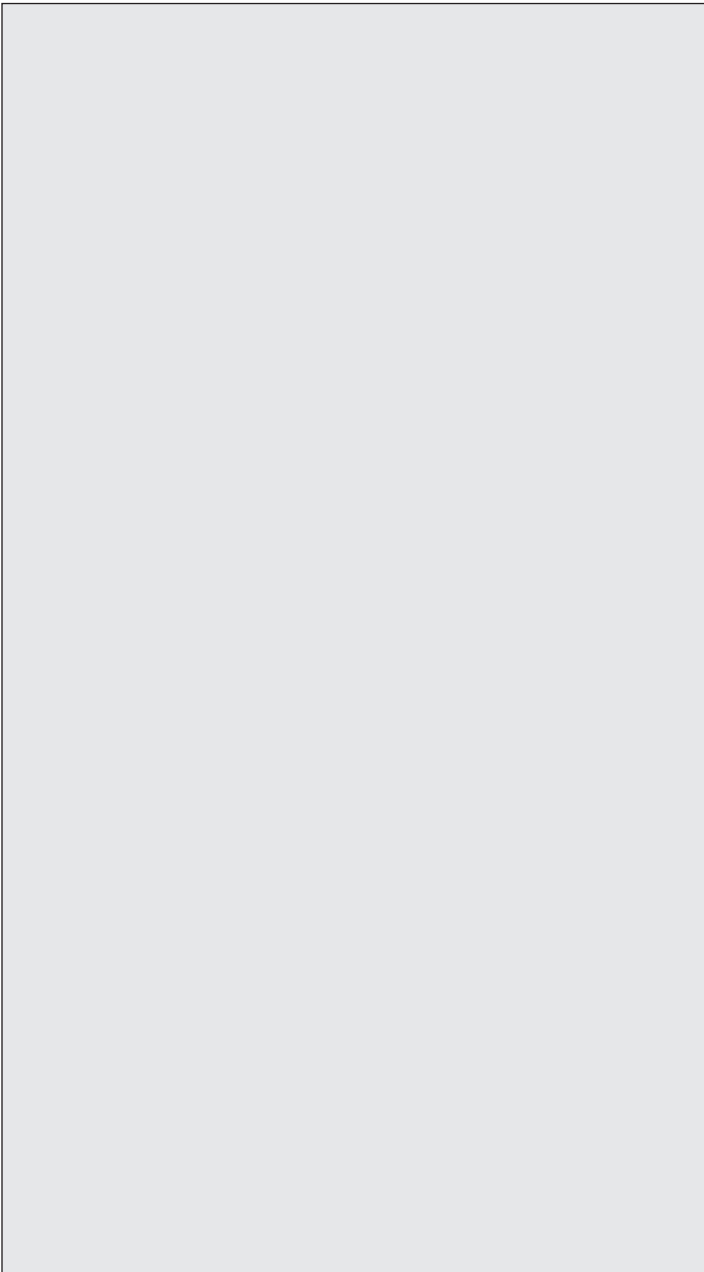
Employee Resource Group (ERG):



Musical notation for the first system, consisting of five staves with various notes and rests.

Vial :

Musical notation for the second system, consisting of five staves with various notes and rests.



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