

Stigma Monologue

You don't want to be seen going into the counsellor's office, you know. It's the stigma. And that has to be removed. When I discuss depression, I use the word disease, and the only reason that I say it is because I'm so tired of having to justify it as a disease. There are these social stigmas around it. I call it a disease to validate it as an illness.

I've spilled my guts to entire strangers on the street . . . And yet I can't reach out to my closest friends. I think it's because you're a lot more scared of how they'll judge and criticize you.

You tell people, "I'm on antidepressants," and they think, "Oh, you're crazy." It's the stigma. It's the lack of information, the lack of education. Maybe it would help to educate the public, rather than focusing on the actual depressed people - opening the minds of those who aren't depressed so that they're not so judgmental and closed-minded.

This excerpt is taken from the document VALIDITY, 'Hear Me, Understand Me, Support Me' from The Centre for Addiction and Mental Health (CAMH), Toronto, ON.

http://www.camh.net/Publications/Resources_for_Professionals/Validity/validity_stigma.html