

WE'RE TALKING MENTAL HEALTH STIGMA IN BLACK COMMUNITIES. COME JOIN US! SUBJECT MATTER EXPERTS SHARE LIVED EXPERIENCES AND EVIDENCE-BASED CURRICULUM. STIGMA IS MEAN. STIGMA HURTS. LEARN IF YOU'RE STIGMATIZING...



## STIGMA = SHAME

### WHAT IS STIGMA?

Britannica Dictionary definition of STIGMA (singular) : a set of negative and often unfair beliefs that a society or group of people have about something

- the stigma associated with mental illness = the stigma of mental illness
- the stigma of being poor = the stigma of poverty
- There's a social stigma attached to receiving welfare.



### ELEMENTS OF STIGMA

Goffman's basic definition, which identified the main elements of stigma such as labeling, stereotyping, social isolation, prejudice, rejection, ignorance, status loss, low self-esteem, low self-efficacy, marginalization, and discrimination.

### ITOR | FSSA | DMHA | NAMI

There's a commitment from InTouch Outreach, a Minority led Recovery Community Organization to bring the National Alliance on Mental Illness' Share Hope education series to black communities. It is designed specifically for us people of color and generous funding by Indiana Family Social Services Administration Division of Mental Health & Addiction to raise awareness on stigma. There is no cost to you and food is provided.



### BUILD COMMUNITY TOGETHER THROUGH INSPIRATION, EDUCATION & MOTIVATION

Although this curriculum was created out of an absolute necessity for us of color to understand our mental health issues better, we welcome and encourage people of all ethnicities and cultures to come be inspired, educated and motivated with us.

### APPRECIATE THE LITTLE THINGS

These Community Conversations are structured to be very cordial, and informal. Uplifting, respectful and delightful. We want to talk, eat food, listen to music, and learn about stigma. We want to appreciate the little things that in turn may mean the most to us. For us it leads back to our mission. Connection. Connecting people in need to people who Care.

### DATES | TIMES | LOCATION

11/9/22- 6:00P-7:30P  
11/16/22- 6:00P-7:30P  
11/30/22 - 6:00P-7:30P  
12/6/22- 11:00A-12:30P  
12/13/22- 11:00A-12:30P

All meetings will be held at the Avondale Meadows YMCA @ 3906 Meadows Drive 46205  
We will meet in the 2nd floor Community Room. Please TEXT 317-502-1092 for issues with entry access

