

MeToo Vol. 5 Resources

The paper that Dr. Michalak quoted from: “If my child had leukemia, you would all be bringing me lasagna” (paper titled “Stigma Shrinks My Bubble: A Qualitative Study of Understandings and Experiences of Stigma and Bipolar Disorder”)

- <http://www.crestbd.ca/wp-content/uploads/2016/03/41-179-1-PB.pdf>



I have bipolar disorder
and I'm thriving
MeToo.

Victoria Maxwell, Mental Health Speaker

1. Contact

An overview of the CREST.BD program of research into stigma:

- <http://www.crestbd.ca/research/research-areas/stigma/>

The paper describing That's Just Crazy Talk, an anti-stigma play by Victoria Maxwell:

- <http://www.ncbi.nlm.nih.gov/pubmed/25505692>

The paper describing how a filmed version of the play also reduced stigma:

- <http://www.ncbi.nlm.nih.gov/pubmed/24351967>

The Mental Health Commission of Canada (MHCC) also found that That's Just Crazy Talk had a significant stigma reducing effect healthcare providers:

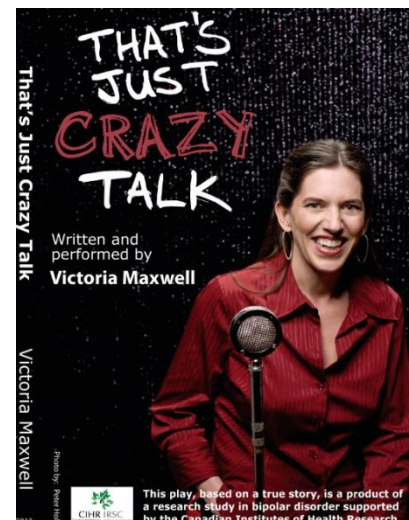
- http://www.mentalhealthcommission.ca/sites/default/files/Stigma_OM_Thats_Just_Crazy_Talk_Evaluation_Report_ENG_0.pdf

MHCC's Opening Minds initiative created an archive of other recommended (many contact-based) stigma interventions:

- <http://img.mhcc.ca/English/initiatives-and-projects/opening-minds?page=1>

Pick up a DVD copy of That's Just Crazy Talk:

- <http://www.victoriamaxwell.com/?product=thats-just-crazy-talk-dvd>



2. Communication

Paper describing how stigmatizing attitudes can have a negative effect on health in substance use:

- <http://www.ncbi.nlm.nih.gov/pubmed/?term=Doe+s+it+matter+how+we+refer+to+individuals+with+substance-related+conditions%3F+A+randomized+study+of+two+commonly+used+terms>
- Full text also available via the Huffington Post: <http://big.assets.huffingtonpost.com/Druglanguage1Kelly.pdf>



Why you shouldn't say 'commit' suicide...



- <https://themighty.com/2015/07/why-you-shouldnt-say-committed-suicide/>

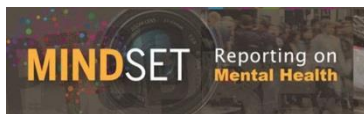
...and what we can say instead. 'Do we ever say that someone 'committed heart failure', even when they may have lived lifestyles that contributed to such diseases?

- <https://www.psychology.org.au/Content.aspx?ID=5048>

For more tips on alternative phrasing for substance use problems, see:

- http://www.huffingtonpost.com/2015/04/17/mental-illness-vocabulary_n_7078984.html

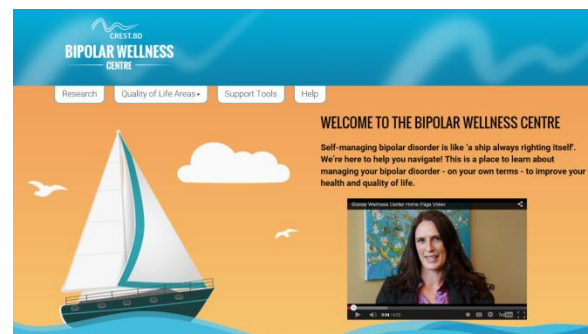
The Mindset Guide to responsible mental health writing:



- <https://sites.google.com/a/journalismforum.ca/mindset-mediaguide-ca/mindset-media-guide-eng>
- The Mindset Guide is produced by Mindframe Media: <http://www.mindframe-media.info>

Some evidence-based discussion around disclosure of mental illness at work:

- <http://www.bdwellness.com/Quality-of-Life-Areas/Work>



Thank you for attending Me Too, and keep in touch! Our social media profiles are listed on our site.

You can also check out the Storify of the #MeTooVan Twitter conversation:

https://storify.com/CREST_BD/metoovan