



Stigma Workshop Resources Books, Groups, Projects and Reports

Books on Stigma

Corrigan, P. (2001). **Don't call me nuts: Coping with stigma and mental illness.** Tinley Park, Ill: Recovery Press.

Sayce, L. (2002). **Psychiatric patient to citizen: Overcoming discrimination and social exclusion.** Basingstoke, England: MacMillan.

Wahl, O. (1995). **Media madness: Public images of mental illness.**, New Brunswick, NJ: Rutgers University Press.

Wahl, O. (1999). **Telling is risky business: Mental health consumers confront stigma.** New Brunswick, NJ: Rutgers University Press.

Falk, G. (2001). **Stigma: How we treat outsiders.** Amherst, New York: Prometheus Books.

Mason, T. Carlisle, C. Watkins, C. % Whitehead, E. (2001). **Stigma and social exclusions in health care.** London, England: Routledge.

The Happy Neurotic: How Fear and Angst Can Lead To Happiness and Success.

David Granirer is a counsellor, stand-up comic, speaker, and author. He has taught stand-up comedy to recovering drug addicts and cancer patients, and is the founder of Stand Up For Mental Health, a project teaching stand-up comedy to people with mental illness. David also gives laughter in the workplace presentations to hundreds of organizations across North America, helping them use humour to decrease stress, increase wellness, and cope with change.

<http://www.warwickgp.com/new/titles1.php?id=4432c13b41448>

Groups focused on the issue of stigma

Chicago Consortium for Stigma Research www.stigmaresearch.org

Patrick Corrigan, Director Centre for Psychiatric Rehabilitation, Evanston IL

International Consortium for Research and Action against Health-related Stigma

Graham Scrambler, Professor of Medical Sociology, University College London, UK.

Available at: <http://www.kit.nl/>

Stigma Projects and Reports

Discrimination Against People with Mental Illnesses and their Families:

Changing Attitudes, Opening Minds, 2002

<http://www.healthservices.gov.bc.ca/mhd/advisory/index.html>

Reducing the Stigma of Mental Illness in Ontario Schools

The Provincial Centre of Excellence in Children's Mental Health at Children's Hospital of Eastern Ontario, in Ottawa has completed the first comprehensive systematic review of school-based interventions to reduce stigma relating to mental health difficulties among children and youth. The Centre is developing tools and resources from the review to stimulate research, inform program development and initiate policy discussions. The Executive Summary will be available soon. The Centre is still looking for information about relevant programs in Ontario's schools. We are calling on all services providers involved in relevant school-based interventions to add to the body of knowledge that will help us build a system that adequately addresses the need to reduce the devastating impact of stigma on the lives of children and youth. If you are interested in submitting a program, please review the type of information we need or contact [Dr. Howard Schachter](#).

Mind Over Matter: Improving media reporting of mental health (2006)

<http://www.shift.org.uk/mindovermatter.html> published in the wake of an outcry in Britain when a newspaper headline reported "Bonkers Bruno Locked Up" – referring to the mental health problems of former heavyweight champion Frank Bruno.

Reducing stigma and discrimination: What works? (June, 2003)

Showcasing examples of best practice of anti-discrimination projects in mental health. Conference report: Rethink / Institute of Psychiatry conference held in Birmingham, England. Available at: <http://www.iop.kcl.ac.uk/>

From Here to Equality. Available at: <http://www.shift.org.uk/Aboutus> National Anti-stigma Strategy for the UK (June 2004).

The Patient as Policy Factor: A Historical Case Study of the Consumer/Survivor Movement in Mental Health

<http://www.healthservices.gov.bc.ca/mhd/advisory/index.html>

Guides for media for fair reporting on mental illness

Mindframe Media and Mental Health is an Australian project that is designed to ensure proper reporting of suicides. See: <http://www.mindframe-media.info/>

Mindout for Mental Health (a UK anti-stigma project) publishes a quarterly newsletter called Mindshift and has developed a guide for journalists so they can be more balanced in their published reports on mental health and mental illness. Mindshift: A guide to open-minded media coverage of mental health. Available at:

<http://mindout.clarity.uk.net/p/p03-media.asp>