



## STIGMA IN THE WORKPLACE

**DEFINITION:** Stigma is a set of negative and often unfair beliefs that a society or group of people have about something. (Merriam Webster)

**PROBLEM:** Stigma and discrimination thrive on lack of knowledge and understanding.

**IMPACT:** Stigma in the workplace can contribute to stereotyping, bullying, harassment, loss of employment, and workplace intimidation

**SOLUTION:** Educating employees about mental health and substance use can create more open communication, understanding and empathy.

## 5 COMPELLING REASONS TO ADDRESS STIGMA IN THE WORKPLACE

- 1 Stigma is the single greatest barrier to treating mental illness.
- 2 Stigma can be detrimental to the individual due to withdrawal or a decrease in support from loved ones and colleagues.
- 3 Stigma can cause shunning and exclusion.
- 4 Stigma is disrespectful.
- 5 Stigma is unjust.

ARE YOU A CORPORATE LEADER INTERESTED IN ERADICATING STIGMA IN THE WORKPLACE? GET MORE SOLUTIONS AND SCHEDULE A CONSULT



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