



There is a virus spreading across America.  
It harms the 1 in 5 Americans affected by mental health conditions.  
It shames them into silence. It prevents them from seeking help.  
And in some cases, it takes lives.  
What virus are we talking about? It's stigma.  
Stigma against people with mental health conditions.  
But there's good news. Stigma is 100% curable.  
Compassion, empathy and understanding are the antidote.  
Your voice can spread the cure.

Resources:

[Creating a StigmaFree Workplace: A Guide for Supervisors](#)

[Working Well: How to Promote a Supportive Culture in the Workplace](#)

[Workplace poster with tips to promote a stigma free work environment](#)

[Pledge to be StigmaFree](#)

~~stigma~~free

