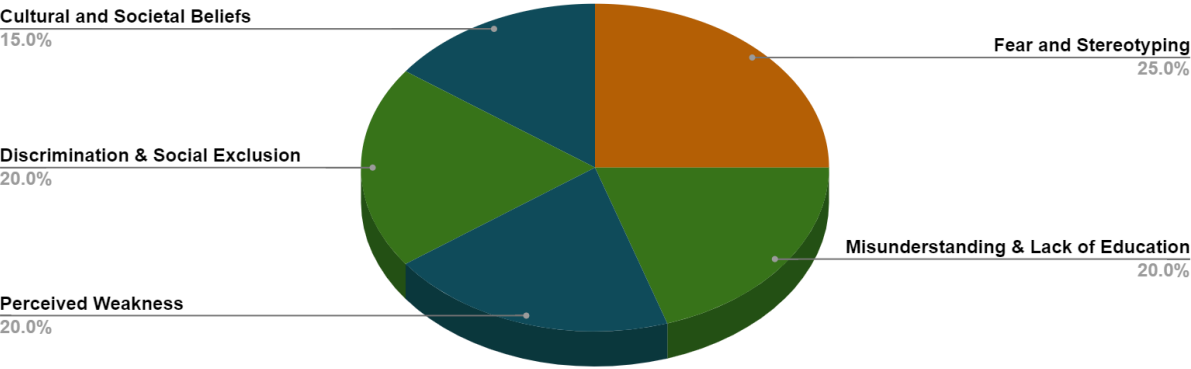


# Renewed Reflections

## STIGMAS



## 5 Common Stigmas Associated with Mental Illness

<p><b>Misunderstanding and Lack of Education:</b> Stigmas often arise from a lack of understanding about mental health conditions, leading to misconceptions and stereotypes.</p>	<p><b>Fear and Stereotyping:</b> Negative portrayals in media contribute to the fear and stereotyping of individuals with mental illnesses, perpetuating stigma.</p>
<p><b>Cultural and Societal Beliefs:</b> Cultural norms and societal expectations can fuel stigmas, as some societies may stigmatize mental health issues due to traditional beliefs or societal pressures.</p>	<p><b>Perceived Weakness:</b> Some individuals associate mental health challenges with personal weakness or a lack of resilience, contributing to stigmatization.</p>
<p><b>Discrimination and Social Exclusion:</b> The fear of discrimination and social exclusion can lead individuals to hide their mental health struggles, reinforcing stigmas surrounding mental illness</p>	

Take a moment to reflect on what stigmas that you may have projected in your past. Be mindful of placing these ideals on others in your community from this day forward.

## *What Should You Consider when Selecting a Behavioral Health Facility?*

by **Crystal Caldwell** on 02/2024

Navigating behavioral health facilities can be a transformative journey, each type offering unique approaches to wellness. Outpatient services provide flexibility, allowing individuals to receive support while maintaining daily life, often at a more affordable cost. Inpatient facilities offer intensive care with 24/7 supervision, addressing acute needs but may involve higher expenses.

Residential treatment bridges the gap, offering a supportive environment for those requiring immersive care. Dual diagnosis treatment services, which address both mental health and substance abuse issues in an integrated way.

The costs associated vary, emphasizing the importance of tailored solutions that align with individual needs, financial considerations, and the pursuit of lasting mental health.

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## *Recommended Reading*

### **Bipolar Faith**

By Monica A. Coleman

Bipolar Faith is both a spiritual autobiography and a memoir of mental illness. In this powerful book, Monica Coleman shares her life-long dance with trauma, depression, and the threat of death. Citing serendipitous encounters with black intellectuals like Henry Louis Gates, Jr., Angela Davis, and Renita Weems, Coleman offers a rare account of how the modulated highs of bipolar II can lead to professional success, while hiding a depression that even her doctors rarely believed. Only as she was able to face her illness was she able to live faithfully with bipolar. And in the process, she discovered a new and liberating vision of God.

