

# Spread the word about mental health

The stigma experienced by people with poor mental health and mental illness puts them at risk for poverty, discrimination and human rights violations. Encourage your family, co-workers and friends to learn more about mental health in general and about any specific condition that is suspected or present. Talking about what's going on can help remove the stigma, bring families and friends closer together and help everyone cope with their own and others' mental health conditions.

Share handouts or flyers provided during the campaign with at least five others, such as family members, friends, co-workers and others in your community at large. Tell us about the demographics of your contacts so that we can summarize the outreach of our campaign. When you share the information, you might want to include a message such as this:

"My worksite is participating in a wellness campaign to increase awareness about mental health and well-being. Our goal is to share accurate and reliable information with as many people in the community as possible. Mental health problems are more common than most people realize and we would all benefit from learning more about how we can help ourselves and others optimize mental health and well-being. Please take a few minutes to read this information and think about what you can do to help reduce the stigma of mental health in our community. Thank you."

## Challenge log

Relationship to person (family member, friend, school, religious organization, service provider, etc.)	Gender	Age	Location	Topic shared

Submitted by: \_\_\_\_\_

Submit your contact log to:

Who: \_\_\_\_\_ Where: \_\_\_\_\_ By date: \_\_\_\_\_

**Note to facilitator:** When you have collected the logs from participants for the organizational challenge, calculate the total number of materials distributed per employee (this metric describes the multiple effect). Which topic was most widely distributed? Also summarize the characteristics of the people who received the materials. Report your findings to managers and employees.



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