

OVERCOMING THE STIGMA SURROUNDING MENTAL HEALTH IN RURAL AMERICA

A lack of understanding and information about mental illness is the root of stigma. Unfortunately, many people in rural areas don't understand mental illness and feel uncomfortable talking about it. This can make things even worse.

How to help eliminate the stigma of mental illness in rural America:

- Acknowledge that mental illness and suicide are a big problem in rural areas.
- Recognize that people in rural areas are often self-reliant and can use that trait to help improve mental health.
- Give people the information, training and resources they need to become part of the solution to improving mental health in their communities.
- Understand that mental illness is like any other disease, such as cancer or diabetes. It's nothing to be ashamed of and it doesn't mean someone is weak or flawed. We need to work together to end stigma and get people the help they need.
- Help people feel more comfortable talking about mental health and give them the opportunity to share their personal experiences in dealing with mental health challenges.

Help is available



If you or someone you know is in crisis and needs help, call or text 988. The 988 Lifeline connects you with a trained crisis counselor who can help. It is free, confidential, and available 24/7. If this is a life-threatening emergency, call 911 or go to the nearest hospital emergency room.



In crisis? Call or text 988

For mental health and suicide prevention information and resources, visit the Rural Mental Health Resilience Program website at www.RuralMinds.org/resilience

or via the QR code below:



Be part of the solution.



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