

Overview of topics covered:

- **Identity:** The distinguishing character or personality of an individual (Merriam-Webster).
- **Marginalize:** To assign to a place of insignificance or of oblivion/put out of sight or mind to an unimportant or powerless position within a society or group (Merriam-Webster).
- **Intersectionality:** The complex, cumulative way in which the effects of multiple forms of discrimination (such as racism, sexism, and classism) combine, overlap, or intersect especially in the experiences of marginalized individuals or groups. (Merriam-Webster).
This term was coined by Kimberlé Williams Crenshaw (born 1959) is an American civil rights advocate and a leading scholar of critical race theory.
- **Privilege:** The ability to be able to remove yourself/ignore/live a life without ever knowing/caring for the problems that others face. (Source: UWSP Diversity and College Access “2018 Diversity and Inclusivity Training”).
- **Trauma Informed Care:** Defined as practices that promote a culture of safety, empowerment, and healing. A medical office or hospital can be a terrifying experience for someone who has experienced trauma. (Source: <https://www.health.harvard.edu/blog/trauma-informed-care-what-it-is-and-why-its-important-2018101613562>)
- **Minority Stress Theory:** Minority stress theory proposes that sexual minority health disparities can be explained in large part by stressors induced by a hostile, homophobic culture, which often results in a lifetime of harassment, maltreatment, discrimination and victimization and may ultimately impact access to care. (Source: https://www.apa.org/pi/aids/resources/exchange/2012/04/minority-stress?fbclid=IwAR0_rF8AnbpVW_gS5CVa3rBMvsLfGPxlxGVxjGlsAGLbldYyMHRuGasl2ogM)
- **Intersectionality between Mental Health and Marginalization:** People who are marginalized have to not only deal with the pressures faced by all people during their day to day life but also have to worry the dangers associated with hate and bias that is directed towards their identity.
- **How can you end the cycle?**
 - Stop using stigmatized terms such as “Crazy”, “Psychopath”, “Nutjob”, “Weirdos”, “Worthless”, “Attention Seekers”, “Emo/Goth”, “Mad”, “Looney Bin”, etc. to reference people with mental health disorders, you can find a more detailed list using this link- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1925070/>
 - Encourage your friends to stop using such terms and if they do put an end to it by educating them about the effect their words have to add to the stigma on mental health.

- o Check your conscious and unconscious biases and don't assume that all people with mental health disorders act the same way.
- o Educate yourself on the history and issues of marginalized communities and learn how to be an ally and hopefully a leader in moving towards an anti-racist community.
- o Understand that it's okay not to be okay! We are all human and we all need resources to thrive!
- o If a friend or family member is talking to you about their mental health or marginalization, LISTEN! Don't immediately bombard them with questions and suggestions, talking about it is an important part to the healing process.
- o For a more detailed list visit:
<https://www.nami.org/blogs/nami-blog/october-2017/9-ways-to-fight-mental-health-stigma>

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