

Pledge to

STOP MENTAL ILLNESS STIGMA

This charter is our
commitment to end
mental illness stigma
and discrimination.



Workplace: Loddon Shire Council

We will be informed.

We will learn the facts about mental illness to educate ourselves and others around us.

We will listen.

We will seek opportunities to hear from people who have experienced mental illness.

We will be mindful of our language.

We will choose our words carefully.
We won't reduce people to a diagnosis.
Instead of "he is a schizophrenic," we will say "Frank has schizophrenia". We will correct people who use hurtful language to describe people with mental illness, such as "psycho" or "crazy".

We will be inclusive.

We will not exclude people on the basis of a mental illness, and will look for ways to involve people who have experienced mental illness in a meaningful and supportive way.

We will challenge the stereotypes.

We will stop to discuss alternative phrasing, or challenge myths with facts, when we hear comments that contain inaccurate representations of a person with a mental illness, in a respectful and positive manner.

We will be supportive.

We will treat people who have experienced mental illness with respect and dignity.

We will promote recovery.

Recovery or regaining a level of wellness is possible for anyone with a mental illness. Stigma is identified as a major barrier to recovery. When discussing mental illness, we will provide a sense of hope and future.

By signing this pledge, it demonstrates the commitment of the undersigned organisation to implement the
Stop Mental Illness Stigma Charter

Signature:

Position: Chief Executive Officer

Date: 13.12.18

**MENTAL ILLNESS DOES NOT DISCRIMINATE,
BUT SOMETIMES PEOPLE DO.**