



# Empower Yourself

and Inspire Others to Fight Mental Health Stigma

## HELP STAMP OUT *Stigma*



### USE RESPECTFUL *Language*

Do not use words like "crazy" or "psycho."



### OFFER *Support*

Encourage seeking help.



### EDUCATE *Yourself*

The more you know about mental illness, the less there is to misunderstand. Knowledge also lessens fear and suspicion.



### TAKE TIME TO *Listen*

Create conversations around mental health. Being able to take the stigma out of the subject and discussing it can reduce the unknown and put a personal awareness to the situation.



### SEE THE *Person*, NOT THE *Illness*

Mental illness affects 1 in 4 adults. By realizing how many people are affected, it helps to normalize it.

Stigma creates barriers that prevent people from seeking mental health assistance when they struggle. By being prepared and open to discussing mental health, you are opening the door to people seeking help and guidance. You are offering yourself as an option.

### REMEMBER, MENTAL ILLNESS IS ONLY ONE SMALL PART OF THE PERSON.

The fear of being stigmatized should not stop you from seeking help. Many effective treatments are available for every kind of mental health problem. Knowledgeable professionals in the field of mental health are available in your area.

The EAP is a confidential resource providing professional counseling, referrals, and resource-finding services to USPS employees and their family members. The EAP can help you find solutions to problems. There are no out-of-pocket costs to use the EAP and licensed professional counselors are available by phone and in private offices close to your home or work.

FOR MORE  
INFORMATION:



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Or visit us online at:  
[www.EAP4YOU.com](http://www.EAP4YOU.com)

