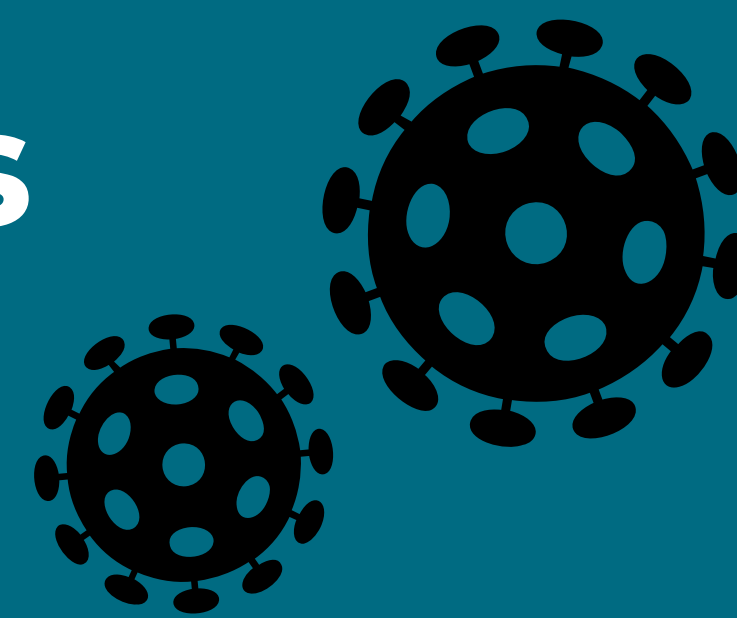




Mental Health During Times of Crisis

COPING with STIGMA



Stigma can occur when people associate COVID-19 with a specific population or nationality, or discriminate against someone who has been released from quarantine, even when they do not pose an increased risk of spreading the virus to others.

Stigmatized groups may experience . . .



Social avoidance or rejection

Feelings of shame

Physical violence and/or emotional abuse

Denial from providers of healthcare, education, housing, or employment

Strategies to Tackle COVID-19 Stigma

Stigma has a negative effect on the mental health of stigmatized groups and their communities as a whole.

Fighting stigma helps to build **resiliency** among your community and community members.



Engage
Connect with others who feel stigmatized. Share your experiences.

Communicate
Talk with people who understand and accept you.

Defend
Speak out against negative behaviors.

Educate
Help share accurate information.

TAKE CARE OF YOURSELF.

humanitycrew