



DISPELLING THE MYTH

Mental Health
Disabilities as a Cause
of Mass Violence

NATIONAL
DISABILITY RIGHTS

NETWORK

Protection & Advocacy for Individuals with Disabilities



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Identifying, Preventing, and Treating Childhood Trauma



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Types of anti-stigma interventions

- Education (teaching people that stigma is bad)
- Consumer Contact (introducing people to other people to show them their stigmatizing attitudes are wrong)
- Cognitive behavior therapy (talking to people in a special organized way)

Types of Stigma

Types of stigma (people's personal beliefs about mental illness)

- Personal stigma (people's personal beliefs about mental illness)
- Perceived stigma (beliefs people with mental illness have about the beliefs others have about them)
- Internalized stigma (when people with mental illness believe the negative beliefs others have about mental illness are true)

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Questions?

Please use the chat box or the phone to ask a question to our presenters.