

Stigma = society's non-acceptance of people who are seen as different.

Discrimination = prejudicial treatment resulting in denial of opportunity.

Our project addresses stigma and discrimination by:

- Examining laws & policies and developing related fact sheets
- Providing training to the public about legal rights of Californians with disabilities
- Recommending needed changes to discriminatory laws & policies
- Distributing culturally relevant and age appropriate fact sheets and training materials

After the funding period we will continue disseminating project materials, including through social media, and working on needed changes to laws and policies.



WELLNESS • RECOVERY • RESILIENCE

Stigma Hurts Everyone



False ideas and fears exist about people with mental health life experiences. These myths encourage stigma and discrimination in the community. Sometimes this prevents people from getting the help they need.

We have a three year prevention and early intervention (PEI) stigma and discrimination reduction grant. The funding period is August 1, 2011 through June 30, 2014. This is one of the many PEI projects funded by county / CalMHSA / Prop. 63 funds.



“We envision a world where all people with disabilities have equality, dignity and power.”

Our Vision Statement

Our project aims to educate California’s diverse communities about laws and policies that prevent discrimination against people with disabilities. Our project will also develop recommendations to address discrimination and stigma in the law. We use a full range of strategies to reduce stigmatizing fears and discriminatory actions toward people with mental health disabilities across ages, cultures and backgrounds.



When looking at effective strategies we will consider age, culture and life experiences.

Stigma harms society as a whole by perpetuating false ideas and prejudices. 20% of us will experience mental health problems directly and the rest of us indirectly through family or friends.

The Stigma, Discrimination, Reduction and Advancing Policy to Eliminate Discrimination Program (APEDP), is funded by the voter approved Mental Health Services Act (Prop. 63) and administered by the California Mental Health Services Authority (CalMHSA). County MHSA funds support CalMHSA, which is an organization of county governments working to improve mental health outcomes for individuals, families and communities. CalMHSA operates services and education programs on a statewide, regional and local basis. For more information, visit <http://www.calmhsa.org>.

