



6 Ways to Break the Stigma Around Mental Health



Millions of people face mental health challenges each year—but stigma too often stands in the way of getting support. Fear of judgment, shame, or concern about how others might react can stop someone from reaching out. But no one should struggle alone—especially when help is within reach.

With support, healing is possible—and life can feel brighter and more fulfilling. Breaking stigma is the first step.

Here's how you can make a difference:

- **Talk about mental health openly:** Treat it like any other part of health—because it is.
- **Lead with compassion:** Kindness can make a world of difference.
- **Choose your words carefully:** Language matters. Respectful words help break down stigma.
- **Learn and share:** Correct myths and offer facts. Real stories build understanding.
- **Promote equality between physical and mental health:** Support mental health the same way you would cancer or diabetes care.
- **Normalize treatment:** Therapy and mental health care are just healthcare.

If you or someone in your household is facing challenges, support is here. Visit login.breehealth.com or call 1-800-327-2255 for free, confidential resources.