

Minds Matter Podcast Ideas – Stand Against Stigma Committee 7/14/2020

- Anxiety Panic Attacks – some might be new to those feelings
- Depression – misunderstood and often conflated with bipolar diagnosis.
- The stigma of women being “too emotional.”
- BIPOC
- LGBTQ+
- Dual diagnosis – intersection of substance use disorder and mental health and how it can be a barrier to treatment.
- Borderline Personality Disorder
- PTSD
 - Violence in general
 - Natural disasters
- Living with someone with MI or SUD
- Stigma of asking for help.
- Differences between personality disorders; treatment strategies are different based on diagnosis
 - Understand the medication side
- Eating disorders
- Trauma and obesity
- Harm reduction
 - Sex workers
 - Can apply to homeless community
 - Reaching out to people
- Homelessness and MI
- Mental illness as a barrier to getting housed
- Safety as a necessary for mental health
- Housing – Hill Country – working with homeless and MI
- Youth
 - Not taking it seriously when it is a young person
 - Nothing more than the age that they are
 - The help that they need is not always available
 - Barriers for youth to accessing MI
 - Blasting information to youth before the school year
 - Not a part of the decision-making process; being told you can’t do this you have to do this
 - Already thought they’re second class
 - Restrictive homes
 - CFS suicide and support for families
- Stigma around therapy in our culture for every gender
 - Fear of being diagnosed and having a mental health issue on record.
- Aging population big barriers to therapy
- Identity being a barrier
- Agnosia
- Difference between a therapist and psychiatrist