



Dear Staff,

**Metro North is committed to Shattering Mental Health Stigma**

All services across Metro North are participating in an ongoing Shatter the Stigma campaign that will be launched service-wide during **Mental Health Week, 7 – 15<sup>th</sup> October 2023**.

In Australia, **1 in 5** adults experience a mental illness in any given year and **45%** of all adults will experience mental illness at some point in their lifetime.

When we factor friends, family, and colleagues into these figures it is likely that most people will either experience mental illness or know someone with an experience of mental illness at some point in their lives.

Stigma is defined as ‘a set of negative and often unfair beliefs that a society or group of people have about something’. It is often one of the leading causes why people with mental illness or alcohol and drug use do not seek the help and support they need.



Our invitation to you as we move towards the launch of this campaign is to get curious about your response to mental illness.

1. Do you find yourself judging people with mental illness?
2. Could you be more accepting, compassionate, and kind?
3. Are you aware of the impact of language, because words matter!

**It is time to #shatterthestigma and we want you on board!**

To get involved or find out more information please reach out to [MNH-ShattertheStigma@health.qld.gov.au](mailto:MNH-ShattertheStigma@health.qld.gov.au)

Best wishes

Kathryn and Lisa