

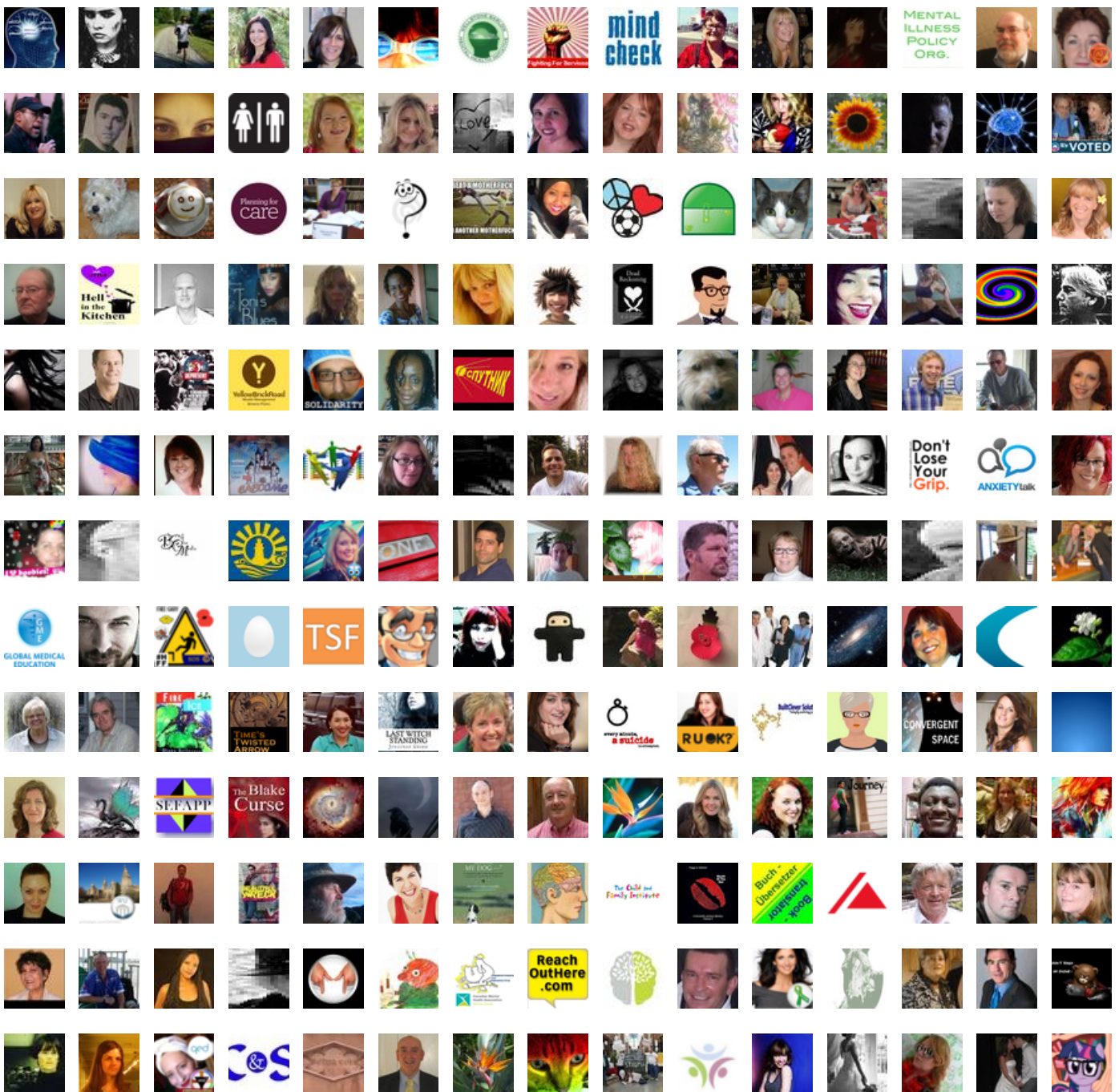
@MHChat = Mental Health Chat - 16 January 2013

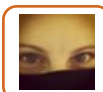
Stigma & Mental Health

Trending Words

#mhchat, rt, @mhchat, &, #stigma, #mentalhealth, #mh, pm, stigma?, #free, stigma, #mi, today, #mhsm, @amandagreenuk:

Event Participants





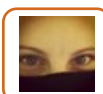
Mental Health Care For Kids Severely Lacking, Says GAO. #MHChat #SWSCmedia #US #socialwork
<http://t.co/Cs2Mjt1C>

12-Jan-13 08:05 | Canadian_Jai



Expectant dad's mental health may effect toddler's behaviour. - New study. #mhchat #swscmedia #socialwork #mh
<http://t.co/quNHJLd7>

12-Jan-13 08:08 | Canadian_Jai



Children & mental health. One states proposal to tackle stigma & increase services. #mhchat #swscmedia #Socialwork #US
<http://t.co/ds43nZtE>

12-Jan-13 08:18 | Canadian_Jai



#stressrelief Access To Electroconvulsive Therapy In Decline: A Clinical Choice Or An Econom...
<http://t.co/v88PbW18> #depression #mhchat

12-Jan-13 09:36 | AVPDgroup



RT @MHchat: #Stigma & #MentalHealth: What is Stigma? & How to challenge & change stigma? Join+Share @MHchat Wednesday 8:00 PM GMT / 3:00 PM EST #MHChat

12-Jan-13 11:03 | Karen_Tyrrell



@MHchat Thx Follow *ME & HER: a Memoir of Madness* WINS Mental Health Achievement Award RECOVERY #mentalhealth #bipolar
<http://t.co/lZbrmwXw>

12-Jan-13 11:03 | Karen_Tyrrell



@MHchat @wwwEYEca @womanawareness @annemarieberube @JoseMontreal7 TY for the follow! :)

12-Jan-13 12:56 | Patricia_L_



@MHchat @tlweng74 @elimin8prejudic @mindfuleveryday @1000girlfriends @healthyplace de nada chicas! Much love to you!

12-Jan-13 15:42 | Nohomophobes



@TLWeng74 @elimin8prejudic @mindfuleveryday @1000girlfriends @mhchat @healthyplace gracias Chica. Much love to you.

12-Jan-13 15:43 | Nohomophobes



Duh!! RT @Canadian_Jai: Mental Health Care For Kids Severely Lacking, Says GAO. #MHChat #SWSCmedia #US #socialwork
<http://t.co/Sg1Cmp3n>

12-Jan-13 15:48 | flowersmom



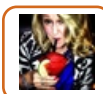
Dr Sarah-LouQ is out! <http://t.co/SImfNka4> ☐ Top stories today via @JeffreyKeefer @SandySom @MHchat

12-Jan-13 16:16 | sarahthesheepu



@Nohomophobes @elimin8prejudic @mindfuleveryday @1000Girlfriends @MHchat @HealthyPlace keep on w/the keepin on--you all have so much 2 teach

12-Jan-13 16:18 | TLWeng74



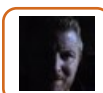
@TalentCoop @idavec @MHchat @ReclaimTheVoice Cool :-)

12-Jan-13 17:04 | HappybeingMe70



PsychRights to Biden: misguided, dangerous focus on identifying/forcing "tx" on ppl labeled mentally ill
<http://t.co/z2y2xGrJ> #mhsm #mhchat

12-Jan-13 17:15 | BeyondMeds



RT @TalentCoop: Read The TalentCoop Daily ☐ today's top stories via @idavec @MHchat @ReclaimTheVoice ☐
<http://t.co/olWo0nqt>

12-Jan-13 17:21 | idavec



RT @nurse_w_glasses: Sexual side effects of medication => <http://t.co/xZxx3uj2> #wenurses #MHchat RT?

12-Jan-13 19:18 | MarcMordey



@MHchat Thank you for following

12-Jan-13 20:07 | PlanningforCare



RT @nurse_w_glasses: Sexual side effects of medication => <http://t.co/xZxx3uj2> #wenurses #MHchat RT?

12-Jan-13 20:08 | quirkygrump



RT @TalentCoop: Read The TalentCoop Daily ☐ today's top stories via @idavec @MHchat @ReclaimTheVoice ☐ <http://t.co/oIW0nqt>

12-Jan-13 21:23 | ReclaimTheVoice



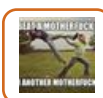
:)) @HappybeingMe70 @idavec @MHchat @ReclaimTheVoice

12-Jan-13 22:25 | TalentCoop



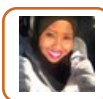
The heart of violence.A mother's story of her teen's suicide in a violent world. <http://t.co/M2FkvXCn> #swscmedia #socialwork #mhchat

12-Jan-13 23:30 | Canadian_Jai



RT @Canadian_Jai: The heart of violence.A mother's story of her teen's suicide in a violent world. <http://t.co/M2FkvXCn> #swscmedia #socialwork #mhchat

12-Jan-13 23:34 | SlicNic5150



RT @Canadian_Jai: The heart of violence.A mother's story of her teen's suicide in a violent world. <http://t.co/M2FkvXCn> #swscmedia #socialwork #mhchat

12-Jan-13 23:35 | iMsomali



#fls @KimmoBug @NorwichCityFC are a wonderful #football club, hope someone there can help. Best of luck with the project. #mhchat

13-Jan-13 00:32 | T_madpony_G



Just a few hours to download my #kindlebook #FREE for my #mentalillness #fightstigma campaign #stigma #MI #MH #MHChat <http://t.co/hDO8EaSc>

13-Jan-13 01:29 | AmandaGreenUK



RT @AmandaGreenUK: Just a few hours to download my #kindlebook #FREE for my #mentalillness #fightstigma campaign #stigma #MI #MH #MHChat <http://t.co/hDO8EaSc>

13-Jan-13 01:32 | barbiesway



RT @AmandaGreenUK: Just a few hours to download my #kindlebook #FREE for my #mentalillness #fightstigma campaign #stigma #MI #MH #MHChat <http://t.co/hDO8EaSc>

13-Jan-13 02:25 | SandyAppleyard



RT @AmandaGreenUK: Just a few hours to download my #kindlebook #FREE for my #mentalillness #fightstigma campaign #stigma #MI #MH #MHChat <http://t.co/hDO8EaSc>

13-Jan-13 02:50 | JChaseNovelist



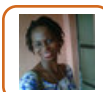
RT @AmandaGreenUK: Just a few hours to download my #kindlebook #FREE for my #mentalillness #fightstigma campaign #stigma #MI #MH #MHChat <http://t.co/hDO8EaSc>

13-Jan-13 03:29 | LarisaWalk



RT @AmandaGreenUK: Just a few hours to download my #kindlebook #FREE for my #mentalillness #fightstigma campaign #stigma #MI #MH #MHChat <http://t.co/hDO8EaSc>

13-Jan-13 04:35 | LaurieHanan



RT @AmandaGreenUK: Just a few hours to download my #kindlebook #FREE for my #mentalillness #fightstigma campaign #stigma #MI #MH #MHChat <http://t.co/hDO8EaSc>

13-Jan-13 09:33 | Forreal101



RT @AmandaGreenUK: Just a few hours to download my #kindlebook #FREE for my #mentalillness #fightstigma campaign #stigma #MI #MH #MHChat <http://t.co/hDO8EaSc>

13-Jan-13 10:05 | TerryTyler4



@MHchat Thanks for following! I'll follow the chat!

13-Jan-13 10:56 | DennyDew



"The cure for pain is in the pain." My experience tells me that this is true <http://t.co/jUA280FI> contribution by @rickbelden #mhsm #mhchat

13-Jan-13 12:08 | BeyondMeds



RT @AmandaGreenUK: Just a few hours to download my #kindlebook #FREE for my #mentalillness #fightstigma campaign #stigma #MI #MH #MHChat <http://t.co/hDO8EaSc>

13-Jan-13 12:11 | ValkyrieSeries



RT @BeyondMeds: "The cure for pain is in the pain." My experience tells me that this is true <http://t.co/jUA280FI> contribution by @rickbelden #mhsm #mhchat

13-Jan-13 12:20 | rascality



RT @AmandaGreenUK: Just a few hours to download my #kindlebook #FREE for my #mentalillness #fightstigma campaign #stigma #MI #MH #MHChat <http://t.co/hDO8EaSc>

13-Jan-13 13:39 | danielkemp6



#physicalabuse #sexualabuse #childmentalhealth #growingup #stigma #MH #MHSM #MI #MHchat #weekendreads #free for 5 days <http://t.co/hDO8EaSc>

13-Jan-13 14:14 | AmandaGreenUK



RT @BeyondMeds: "The cure for pain is in the pain." My experience tells me that this is true <http://t.co/jUA280FI> contribution by @rickbelden #mhsm #mhchat

13-Jan-13 14:28 | 18Channels



RT @AmandaGreenUK: #physicalabuse #sexualabuse #childmentalhealth #growingup #stigma #MH #MHSM #MI #MHchat #weekendreads #free for 5 days <http://t.co/hDO8EaSc>

13-Jan-13 15:26 | allisulli



Regarding the word "consumer" <http://t.co/uTlrNDyf> #MHchat #psychiatry

13-Jan-13 15:40 | max0wolf



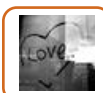
RT @BeyondMeds: "The cure for pain is in the pain." My experience tells me that this is true <http://t.co/jUA280FI> contribution by @rickbelden #mhsm #mhchat

13-Jan-13 17:43 | rickbelden



RT @MHchat: @Irishpsyassist We wish it too & Hope to see you @MHChat discussing: #Stigma Wednesday 8:00 PM GMT / 3:00 PM EST :-) #MHChat #MentalHealth

13-Jan-13 19:44 | LibumaD



@TLWeng74 @elimin8prejudic @mindfuleveryday @1000girlfriends @mhchat @healthyplace you rock! Much love to you all

14-Jan-13 04:38 | Nohomophobes



RT @MHchat: #Stigma & #MentalHealth: What is Stigma? & How to challenge & change stigma? Join+Share @MHchat Wednesday 8:00 PM GMT / 3:00 PM EST #MHChat

14-Jan-13 06:05 | Hammo46



RT @AmandaGreenUK: Read my #autobiography #FREE today and help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/hDO8EaSc>

14-Jan-13 09:41 | iantweetz



RT @AmandaGreenUK: Read my #autobiography #FREE today and help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/hDO8EaSc>

14-Jan-13 09:43 | JGRWriter



RT @MHchat: #Stigma & #MentalHealth: What is Stigma? & How to challenge & change stigma? Join+Share @MHchat Wednesday 8:00 PM GMT / 3:00 PM EST #MHChat

14-Jan-13 11:18 | FrankCook



RT @MHchat: #Stigma & #MentalHealth: What is Stigma? & How to challenge & change stigma? Join+Share @MHchat Wednesday 8:00 PM GMT / 3:00 PM EST #MHChat

14-Jan-13 11:18 | Quinonostante



RT @MHchat: #Stigma & #MentalHealth: What is Stigma? & How to challenge & change stigma? Join+Share @MHchat Wednesday 8:00 PM GMT / 3:00 PM EST #MHChat

14-Jan-13 11:19 | LisaStepanovic



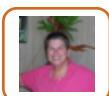
RT @MHchat: #Stigma & #MentalHealth: What is Stigma? & How to challenge & change stigma? Join+Share @MHchat Wednesday 8:00 PM GMT / 3:00 PM EST #MHChat

14-Jan-13 11:22 | jainw



Road Rage - What Annoys Drivers The Most?: Road rage, or driver aggression, is a major safety c... <http://t.co/dGYphYjs> #anxiety #mhchat

14-Jan-13 11:24 | AVPDgroup



@AmandaGreenUK #autobiography #FREE Help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/YdewsAb5> ...

14-Jan-13 11:31 | mothersitting



RT @mothersitting: @AmandaGreenUK #autobiography #FREE Help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/YdewsAb5> ...

14-Jan-13 11:54 | AmandaGreenUK



RT @AmandaGreenUK: Read my #autobiography #FREE today and help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/hDO8EaSc>

14-Jan-13 12:07 | willowmyst



RT @MHchat: #Stigma & #MentalHealth: What is Stigma? & How to challenge & change stigma? Join+Share @MHchat Wednesday 8:00 PM GMT / 3:00 PM EST #MHChat

14-Jan-13 12:10 | pricemj1



RT @AmandaGreenUK: Read my #autobiography #FREE today and help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/hDO8EaSc>

14-Jan-13 12:11 | douglassteve



RT @AmandaGreenUK: Read my #autobiography #FREE today and help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/hDO8EaSc>

14-Jan-13 12:18 | rachfmphillips



RT @AmandaGreenUK: Read my #autobiography #FREE today and help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/hDO8EaSc>

14-Jan-13 12:19 | GiokPingAng



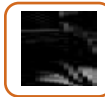
RT @AmandaGreenUK: Read my #autobiography #FREE today and help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/hDO8EaSc>

14-Jan-13 12:22 | kaylastonor



RT @AmandaGreenUK: Read my #autobiography #FREE today and help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/hDO8EaSc>

14-Jan-13 13:17 | danielkemp6



RT @AmandaGreenUK: Read my #autobiography #FREE today and help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/hDO8EaSc>

14-Jan-13 13:17 | jamesdarcybook



RT @claudiamegele: Different approaches to understanding patients in general practice in Denmark: a qualitative study: <http://t.co/0pVIGqew> #MHchat #SWSCmedia

14-Jan-13 13:19 | LiburnaD



RT @claudiamegele: Affective Reactions to Difference & their Impact on #Discrimination & Self-Disclosure at Work: <http://t.co/Vmjz4hY6> #MHChat #socialpsych

14-Jan-13 13:19 | LiburnaD



RT @AmandaGreenUK: Read my #autobiography #FREE today and help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/hDO8EaSc>

14-Jan-13 13:56 | GlennSoucy1



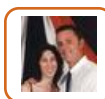
RT @AmandaGreenUK: Read my #autobiography #FREE today and help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/hDO8EaSc>

14-Jan-13 14:04 | CharityParkerso



RT @AmandaGreenUK: Read my #autobiography #FREE today and help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/hDO8EaSc>

14-Jan-13 14:57 | Seb_Kirby



RT @AmandaGreenUK: Read my #autobiography #FREE today and help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/hDO8EaSc>

14-Jan-13 15:00 | 3SleepsTilXmas



RT @AmandaGreenUK: Read my #autobiography #FREE today and help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/hDO8EaSc>

14-Jan-13 15:03 | LisaCorelli



Join us at 8pm UK time for tonight's mental health #TopicsToDiscuss #mhchat

14-Jan-13 16:20 | dontloseurgrip



@MHchat Please RT-The 2013 DSM-5 changes and what they mean to you and your kids <http://t.co/1bCNUHmu> @anxfreechild

14-Jan-13 17:11 | anxtalk



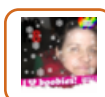
@Suejeonard My #autobiography is #FREE for 5 days for my 2nd #ANTIstigma #mentalillness campaign #MHchat #MHUK #MHSM <http://t.co/hDO8EaSc>

14-Jan-13 17:19 | AmandaGreenUK



Why the Mentally Ill Shouldn't Be Denied Access to #Guns | New #Bipolar Burble <http://t.co/hKMwctWJ> #mentalillness #psych #mhsm #mhchat

14-Jan-13 17:30 | natasha_tracy



RT @natasha_tracy: Why the Mentally Ill Shouldn't Be Denied Access to #Guns | New #Bipolar Burble <http://t.co/hKMwctWJ> #mentalillness #psych #mhsm #mhchat

14-Jan-13 17:32 | kaycey55



RT @AmandaGreenUK: Read my #autobiography #FREE today and help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/hDO8EaSc>

14-Jan-13 18:02 | zachfortier1



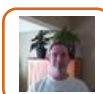
RT @AmandaGreenUK: Read my #autobiography #FREE today and help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/hDO8EaSc>

14-Jan-13 19:07 | BertM51



RT @AmandaGreenUK: Read my #autobiography #FREE today and help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/hDO8EaSc>

14-Jan-13 19:40 | TerryTyler4



RT @AmandaGreenUK: Read my #autobiography #FREE today and help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/hDO8EaSc>

14-Jan-13 19:41 | TruthDrivenLife



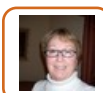
RT @MHchat: #Stigma & #MentalHealth: What is Stigma? & How to challenge & change stigma? Join+Share @MHchat Wednesday 8:00 PM GMT / 3:00 PM EST #MHChat

14-Jan-13 19:42 | sunflowerskins



RT @AmandaGreenUK: Read my #autobiography #FREE today and help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/hDO8EaSc>

14-Jan-13 19:42 | DVanDykeAuthor



RT @AmandaGreenUK: Read my #autobiography #FREE today and help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/hDO8EaSc>

14-Jan-13 19:49 | Rh_onda



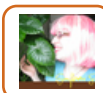
How do you know when it's just your #mi or if you need to see a doctor about a physical illness? #TopicsToDiscuss #mhchat

14-Jan-13 19:53 | dontloseurgrip



RT @AmandaGreenUK: Read my #autobiography #FREE today and help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/hDO8EaSc>

14-Jan-13 19:54 | GraemeEd



@dontloseurgrip My partner & I both have #depression, watch ourselves closely. Turns out most of my physical ills are stress-related #mhchat

14-Jan-13 20:00 | sunflowerskins



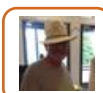
RT @sunflowerskins: @dontloseurgrip My partner & I both have #depression, watch ourselves closely. Turns out most of my physical ills are stress-related #mhchat

14-Jan-13 20:01 | dontloseurgrip



RT @AmandaGreenUK: Read my #autobiography #FREE today and help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/hDO8EaSc>

14-Jan-13 20:10 | benswoodard



RT @AmandaGreenUK: Read my #autobiography #FREE today and help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/hDO8EaSc>

14-Jan-13 20:11 | RustyOdell



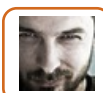
RT @AmandaGreenUK: Read my #autobiography #FREE today and help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/hDO8EaSc>

14-Jan-13 20:17 | elizabethziko



Defining "Negative Emotional Bias" <http://t.co/yaEGQtQa> #mentalhealth #psych #mhchat #depression #CBT

14-Jan-13 20:20 | GlobalMedEd



RT @AmandaGreenUK: Read my #autobiography #FREE today and help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/hDO8EaSc>

14-Jan-13 21:18 | VKRamsey



@choox75 @LiburnaD @nurse_w_glasses @AndiJolie @BTanneguy @JudithHeron @pissedatgovrich @motivate2learn @Just_ju1 TY for RTs & see U @MHchat

14-Jan-13 21:44 | MHchat



@Quinonostante @Hammo46 @FrankCook @LisaStepanovic @jainw @pricemj1 @toddinmpls @Ybr_ian @sunflowerskins TY for RTs & See you @MHchat

14-Jan-13 21:46 | MHchat



@GOVManslaughter to you too... :-)

14-Jan-13 21:47 | MHchat



RT @TLWeng74: @Nohomophobes @elimin8prejudic @mindfuleveryday @1000Girlfriends @MHchat @HealthyPlace keep on w/the keepin on--you all have so much 2 teach

14-Jan-13 21:49 | MHchat



@TLWeng74 @Nohomophobes @elimin8prejudic @mindfuleveryday @1000Girlfriends @HealthyPlace TYVM & Look forward to your views Re Stigma @MHChat

14-Jan-13 21:49 | MHchat



RT @sarahthesheepu: Dr Sarah-LouQ is out! <http://t.co/SImfNka4> □ Top stories today via @JeffreyKeefer @SandySom @MHchat

14-Jan-13 21:49 | MHchat



@sarahthesheepu @JeffreyKeefer @SandySom TY for the mention & look forward to your views Re Stigma @MHchat #MHChat

14-Jan-13 21:50 | MHchat



@Nohomophobes @TLWeng74 @elimin8prejudic @mindfuleveryday @1000Girlfriends @HealthyPlace Welcome & see you @MHChat discussing Stigma on Wed.

14-Jan-13 21:51 | MHchat



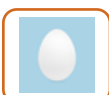
@citygirlnic @_TeamRecovery @SayNoToSelfHarm @rachellaurenmay @beatED @TimetoChange @MindCharity @Rethink_ @AdiosBarbie TY & See U @MHchat

14-Jan-13 21:52 | MHchat



@HappybeingMe70 @DennyDew @ladybelle80388 @ASAM1A @MumsVoice @TalentCoop @Patricia_L_ TY for RTs & See you @MHchat Re MH #Stigma #MHchat

14-Jan-13 21:54 | MHchat



@MHchat @HappybeingMe70 @DennyDew @ladybelle80388 @ASAM1A @TalentCoop @Patricia_L_ Pleasure what are the topics for your next lots of chats?

14-Jan-13 21:56 | MumsVoice



@giasison @mindcheck_ca @Marbella1622 @wellstonebarlow @JayBeckley1 @cackiesmum @pissedatgovrich @BennettGD TY for RTs & See you @MHchat :-)

14-Jan-13 21:57 | MHchat



@MumsVoice @HappybeingMe70 @DennyDew @ladybelle80388 @ASAM1A @TalentCoop @Patricia_L_ the topic is #Stigma in #MentalHealth 16 Jan. #MHchat

14-Jan-13 21:59 | MHchat



@MHchat @HappybeingMe70 @DennyDew @ladybelle80388 @ASAM1A @TalentCoop @Patricia_L_ ok great thanks

14-Jan-13 22:00 | MumsVoice



@MumsVoice @HappybeingMe70 @DennyDew @ladybelle80388 @ASAM1A @TalentCoop @Patricia_L_ Welcome & See you on Wednesday 8 PM @MHchat #MHchat

14-Jan-13 22:03 | MHchat



RT @MHchat: #Stigma & #MentalHealth: What is Stigma? & How to challenge & change stigma? Join+Share @MHchat Wednesday 8:00 PM GMT / 3:00 PM EST #MHChat

14-Jan-13 22:14 | _TeamRecovery



RT @MHchat: #Stigma & #MentalHealth: What is Stigma? & How to challenge & change stigma? Join+Share @MHchat Wednesday 8:00 PM GMT / 3:00 PM EST #MHChat

14-Jan-13 22:21 | Little_Em_



@MHchat @HappybeingMe70 @DennyDew @ladybelle80388 @ASAM1A @MumsVoice @TalentCoop @MHchat For sure!

14-Jan-13 22:48 | Patricia_L_



RT @MHchat: #Stigma & #MentalHealth: What is Stigma? & How to challenge & change stigma? Join+Share @MHchat Wednesday 8:00 PM GMT / 3:00 PM EST #MHChat

14-Jan-13 22:48 | karenbadcock



RT @MHchat: #Stigma & #MentalHealth: What is Stigma? & How to challenge & change stigma? Join+Share @MHchat Wednesday 8:00 PM GMT / 3:00 PM EST #MHChat

14-Jan-13 23:19 | citygirlnic



RT @MHchat: #Stigma & #MentalHealth: What is Stigma? & How to challenge & change stigma? Join+Share @MHchat Wednesday 8:00 PM GMT / 3:00 PM EST #MHChat

14-Jan-13 23:29 | ARC_HLI



@AmandaGreenUK #autobiography #FREE Help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/YdewsAb5>

14-Jan-13 23:44 | mothersitting



RT @mothersitting: @AmandaGreenUK #autobiography #FREE Help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/YdewsAb5>

14-Jan-13 23:58 | AmandaGreenUK



@MHchat @choox75 @LiburnaD @nurse_w_glasses @AndiJolie @BTanneguy @JudithHeron @pissedatgovrich @motivate2learn ☐

15-Jan-13 00:01 | Just_ju1



RT @AmandaGreenUK: Read my #autobiography #FREE today and help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/hDO8EaSc>

15-Jan-13 00:32 | JillKilhill



RT @AmandaGreenUK: Read my #autobiography #FREE today and help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/hDO8EaSc>

15-Jan-13 00:43 | JChaseNovelist



RT @AmandaGreenUK: Read my #autobiography #FREE today and help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/hDO8EaSc>

15-Jan-13 01:01 | barbiesway



We gave @MHchat +Kred in the Global community on @Kred <http://t.co/gOMoGc60> <http://t.co/JCfDJlci>

15-Jan-13 01:04 | PacificCove



RT @AmandaGreenUK: Read my #autobiography #FREE today and help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/hDO8EaSc>

15-Jan-13 01:04 | JasmineAuthor



RT @AmandaGreenUK: Read my #autobiography #FREE today and help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/hDO8EaSc>

15-Jan-13 01:24 | ReginaPucket



@MHchat See you! @mindcheck_ca @Marbella1622 @wellstonebarlow @JayBeckley1 @cackiesmum @pissedatgovrich @BennettGD

15-Jan-13 03:39 | giasison



RT @AmandaGreenUK: Read my #autobiography #FREE today and help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/hDO8EaSc>

15-Jan-13 03:40 | JonathanGrimm1



RT @AmandaGreenUK: Read my #autobiography #FREE today and help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/hDO8EaSc>

15-Jan-13 03:45 | hughesedits4u



RT @AmandaGreenUK: Read my #autobiography #FREE today and help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/hDO8EaSc>

15-Jan-13 03:48 | dSavannahCreate



Look forward to 8:00 Wed eve-@MHchat @Quinonostante @Hammo46 @LisaStepanovic @jainw @pricemj1 @todinnmpls @Ybr_ian @sunflowerskins

15-Jan-13 05:57 | FrankCook



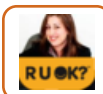
RT @MHchat: #Stigma & #MentalHealth: What is Stigma? & How to challenge & change stigma? Join+Share @MHchat Wednesday 8:00 PM GMT / 3:00 PM EST #MHChat

15-Jan-13 06:01 | everyminute



RT @FrankCook: Look forward to 8:00 Wed eve-@MHchat @Quinonostante @Hammo46 @LisaStepanovic @jainw @pricemj1 @todinnmpls @Ybr_ian @sunflowerskins

15-Jan-13 06:56 | Ybr_ian



RT @MHchat: #Stigma & #MentalHealth: What is Stigma? & How to challenge & change stigma? Join+Share @MHchat Wednesday 8:00 PM GMT / 3:00 PM EST #MHChat

15-Jan-13 08:00 | JacquelineSaad



BuiltClever Solutions - Today! is out! <http://t.co/r7gPm9d6> ☐ Top stories today via @MackSportsClub @MHchat @BeNourishedUK

15-Jan-13 08:05 | BuiltClever



TY, u r welcome! @BeatriceLacy @Lael_Lenehan @saradreaming @nancycallaghan1 @MHchat @_scratchtheitch @Dajana_B @belungerer

15-Jan-13 09:36 | fumanchucat



RT @AmandaGreenUK: Read my #autobiography #FREE today and help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/hDO8EaSc>

15-Jan-13 09:42 | ConvergentSpace



RT @BuiltClever: BuiltClever Solutions - Today! is out! <http://t.co/r7gPm9d6> ☐ Top stories today via @MackSportsClub @MHchat @BeNourishedUK

15-Jan-13 09:43 | BeNourishedUK



@MumsVoice @MHchat #Stigma in #MentalHealth is a great topic. People with mental problems have a lot to teach us. Let's not stigmatise them.

15-Jan-13 10:40 | DennyDew



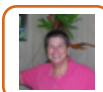
Due to scheduling conflicts we'll be doing tonight's #TopicsTODiscuss about #selfharm earlier at 2pm UK time (3hours from now) #mhchat

15-Jan-13 11:05 | dontloseurgrip



RT @Just_ju1: @MHchat @choox75 @LiburnaD @nurse_w_glasses @AndiJolie @BTanneguy @JudithHeron @pissedatgovrich @motivate2learn ☐

15-Jan-13 11:07 | LiburnaD



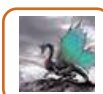
@AmandaGreenUK #autobiography #FREE Help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/YdewsAb5>

15-Jan-13 11:49 | mothersitting



RT @AmandaGreenUK: Topics in my #FREEBOOK #schizophrenia #borderlinepersonalitydisorder #OCD #depression #MH #MHUK #MHSM #MHchat #MI #SH <http://t.co/hDO8EaSc>

15-Jan-13 11:53 | JennyWorstall



RT @AmandaGreenUK: Topics in my #FREEBOOK #schizophrenia #borderlinepersonalitydisorder #OCD #depression #MH #MHUK #MHSM #MHchat #MI #SH <http://t.co/hDO8EaSc>

15-Jan-13 12:16 | jorobinson176



#stressrelief Patients' Threat Perception Following Heart Attack Impacts Depression: "Surviv... <http://t.co/N8xZCkmb> #depression #mhchat

15-Jan-13 12:32 | AVPDgroup



RT @Cypheran: @MHchat I'd love to see a nutritionist, psychologist, and the psychiatrist working together to give options to SU's #MHChat

15-Jan-13 12:40 | VocYork



RT @AmandaGreenUK: Read my #autobiography #FREE today and help #beatstigma surrounding #mentalhealth #stigma #MH #MI #MHUK #MHSM #MHchat <http://t.co/hDO8EaSc>

15-Jan-13 13:18 | ValkyrieSeries



@MumsVoice @MHchat #MHchat 1/2 Changing social attitude from one of judging to one of listening.

15-Jan-13 14:01 | DennyDew



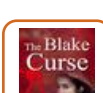
@MumsVoice @MHchat #MHchat 2/2 Knowing that I'll be judged, I don't want to even know that I'm mentally ill.

15-Jan-13 14:01 | DennyDew



Thx FF @DrMattBorer @ppdsus @peterjsteinmd @dransphd @DrCHibbert @dreaw619 @NCPsychological @LCAT_ArtTherapy @DrPattiBritton @MHchat

15-Jan-13 14:42 | SEFAPP



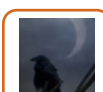
RT @AmandaGreenUK: Topics in my #FREEBOOK #schizophrenia #borderlinepersonalitydisorder #OCD #depression #MH #MHUK #MHSM #MHchat #MI #SH <http://t.co/hDO8EaSc>

15-Jan-13 14:45 | ICCamilleri



RT @AmandaGreenUK: Topics in my #FREEBOOK #schizophrenia #borderlinepersonalitydisorder #OCD #depression #MH #MHUK #MHSM #MHchat #MI #SH <http://t.co/hDO8EaSc>

15-Jan-13 14:49 | Quexistence



Depression is a Physical Illness <http://t.co/jKGclrIS> #depression #MHchat #HACHat

15-Jan-13 16:07 | JaneWaterman



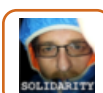
Follow @MHchat for a debate on #Stigma & #MentalHealth tomorrow 8:00 PM GMT / 3:00 PM EST: <https://t.co/Ef2GFxGP> #SWSCmedia #socialwork #mh

15-Jan-13 18:29 | SWSCmedia



Why the Mentally Ill Shouldn't Be Denied Access to #Guns | New #Bipolar Burble <http://t.co/Jg6Pihzv> #mentalillness #mhsm #mhchat

15-Jan-13 18:30 | natasha_tracy



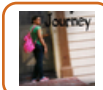
RT @JaneWaterman: Depression is a Physical Illness <http://t.co/jKGclrIS> #depression #MHchat #HACHat

15-Jan-13 18:32 | HallyMk1



RT @AmandaGreenUK: Ends Thursday My #memoir #FREE book download for #kindle 4 my #mentalhealth #antistigma campaign #stigma #MH #MHchat <http://t.co/hDO8EaSc>

16-Jan-13 00:43 | Melodie_Ramone



RT @AmandaGreenUK: Ends Thursday My #memoir #FREE book download for #kindle 4 my #mentalhealth #antistigma campaign #stigma #MH #MHchat <http://t.co/hDO8EaSc>

16-Jan-13 00:46 | CoffeyBrown1



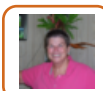
RT @AmandaGreenUK: Ends Thursday My #memoir #FREE book download for #kindle 4 my #mentalhealth #antistigma campaign #stigma #MH #MHchat <http://t.co/hDO8EaSc>

16-Jan-13 01:14 | Eneh_Akpan



RT @AmandaGreenUK: Ends Thursday My #memoir #FREE book download for #kindle 4 my #mentalhealth #antistigma campaign #stigma #MH #MHchat <http://t.co/hDO8EaSc>

16-Jan-13 03:11 | SherryInk



RT @AmandaGreenUK: Ends Thursday My #memoir #FREE book download for #kindle 4 my #mentalhealth #antistigma campaign #stigma #MH #MHchat <http://t.co/hDO8EaSc>

16-Jan-13 03:15 | mothersitting



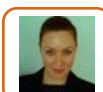
Thanks for following
@C_Harkin
@TelemedicineIM
@MHchat
@chrisbrownALM

16-Jan-13 07:01 | DuflotValeria



Susan Nolen-Hoeksema, #Psychologist Who Studied #Depression in Women, Dies at 53: <http://t.co/HunLn3Tz> #MHchat #MentalHealth #psychiatry

16-Jan-13 08:43 | claudiaamegele



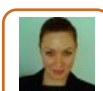
The Initial Field Trials of DSM-5: New Blooms and Old Thorns: <http://t.co/amddLCdC> #MHChat #DSM5 #Psychiatry #Psychology #MentalHealth

16-Jan-13 08:51 | claudiaamegele



RT @MHchat: #Stigma & #MentalHealth: What is Stigma? & How to challenge & change stigma? Join+Share @MHchat Wednesday 8:00 PM GMT / 3:00 PM EST #MHChat

16-Jan-13 08:53 | claudiaamegele



Association Btwn Socioeconomic Position #Discrimination & Psychological #Distress: <http://t.co/dJLI8m1> #MHchat #gender #sexuality #equality

16-Jan-13 09:10 | claudiaamegele



The Initial Field Trials of DSM-5: New Blooms and Old Thorns:<http://t.co/amddLCdC> #MHChat #DSM5 #Psychiatry #Psychology #MentalHealth

16-Jan-13 09:11 | claudiaamegele



#stressrelief Get Active And Banish The January Blues, Says The Register Of Exercise Profess... <http://t.co/XoAE6Bi7> #depression #mhchat

16-Jan-13 09:50 | AVPDgroup



RT @AmandaGreenUK: Ends Thursday My #memoir #FREE book download for #kindle 4 my #mentalhealth #antistigma campaign #stigma #MH #MHchat <http://t.co/hDO8EaSc>

16-Jan-13 09:56 | TerryTyler4



RT @AmandaGreenUK: Ends Thursday My #memoir #FREE book download for #kindle 4 my #mentalhealth #antistigma campaign #stigma #MH #MHchat <http://t.co/hDO8EaSc>

16-Jan-13 09:56 | PRoy2012



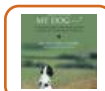
RT @AmandaGreenUK: Ends Thursday My #memoir #FREE book download for #kindle 4 my #mentalhealth #antistigma campaign #stigma #MH #MHchat <http://t.co/hDO8EaSc>

16-Jan-13 10:01 | danielkemp6



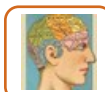
RT @claudiamegele: The Initial Field Trials of DSM-5: New Blooms and Old Thorns:<http://t.co/amddLCdC>
#MHChat #DSM5 #Psychiatry #Psychology #MentalHealth

16-Jan-13 11:38 | LiburnaD



RT @AmandaGreenUK: Ends Thursday My #memoir #FREE book download for #kindle 4 my #mentalhealth
#antistigma campaign #stigma #MH #MHchat <http://t.co/hDO8EaSc>

16-Jan-13 12:18 | 97crush



Looking forward to @MHchat tonight on the stigma of mental health (8pm). Those interested in psychology, come join!

16-Jan-13 12:19 | Irishpsyassist



#Freebooks #kindlebook of my true story is #FREE today worldwide #MH #MHUK #MHSM #MI #MHchat
<http://t.co/b871e5pQ> UK <http://t.co/cM6R3g63>

16-Jan-13 13:54 | AmandaGreenUK



We'll be chatting! MT @MHchat #Stigma & #MentalHealth: What is Stigma? & How to challenge & change
stigma? Wed. 3:00 PM EST #MHchat

16-Jan-13 14:05 | child_family_ny



RT @AmandaGreenUK: #Freebooks #kindlebook of my true story is #FREE today worldwide #MH #MHUK
#MHSM #MI #MHchat <http://t.co/b871e5pQ> UK <http://t.co/cM6R3g63>

16-Jan-13 14:25 | samanthajamison



RT @AmandaGreenUK: #Freebooks #kindlebook of my true story is #FREE today worldwide #MH #MHUK
#MHSM #MI #MHchat <http://t.co/b871e5pQ> UK <http://t.co/cM6R3g63>

16-Jan-13 14:35 | buchuebersetzer



RT @AmandaGreenUK: #Freebooks #kindlebook of my true story is #FREE today worldwide #MH #MHUK
#MHSM #MI #MHchat <http://t.co/b871e5pQ> UK <http://t.co/cM6R3g63>

16-Jan-13 14:47 | Moogilator



MT @MHchat #Stigma & #MentalHealth: What is Stigma? & How to challenge & change stigma? Join+Share
@MHchat 3:00 PM EST #MHChat

16-Jan-13 14:47 | Altarum



RT @AmandaGreenUK: #Freebooks #kindlebook of my true story is #FREE today worldwide #MH #MHUK
#MHSM #MI #MHchat <http://t.co/b871e5pQ> UK <http://t.co/cM6R3g63>

16-Jan-13 15:28 | paddycummins



My torment, by City star Michael Johnson <http://t.co/dZISQvNL> "Trust #mcfc fans wish Johnson well. Hope it gets
back in the game." #mhchat

16-Jan-13 15:30 | T_madpony_G



RT @AmandaGreenUK: #Freebooks #kindlebook of my true story is #FREE today worldwide #MH #MHUK
#MHSM #MI #MHchat <http://t.co/b871e5pQ> UK <http://t.co/cM6R3g63>

16-Jan-13 15:30 | ptmayes



RT @AmandaGreenUK: #Freebooks #kindlebook of my true story is #FREE today worldwide #MH #MHUK
#MHSM #MI #MHchat <http://t.co/b871e5pQ> UK <http://t.co/cM6R3g63>

16-Jan-13 15:54 | AnneJames22



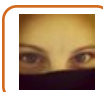
RT @AmandaGreenUK: #Freebooks #kindlebook of my true story is #FREE today worldwide #MH #MHUK
#MHSM #MI #MHchat <http://t.co/b871e5pQ> UK <http://t.co/cM6R3g63>

16-Jan-13 16:05 | jpLANEauthor



RT @AmandaGreenUK: #Freebooks #kindlebook of my true story is #FREE today worldwide #MH #MHUK
#MHSM #MI #MHchat <http://t.co/b871e5pQ> UK <http://t.co/cM6R3g63>

16-Jan-13 16:08 | riceauthor



RT @MHchat: #Stigma & #MentalHealth: What is Stigma? & How to challenge & change stigma? Join+Share @MHchat Wednesday 8:00 PM GMT / 3:00 PM EST #MHChat

16-Jan-13 17:54 | Canadian_Jai



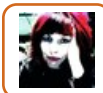
@cunners4 @_TeamRecovery @VictoriaBetton @ScattergoodFdn @citygirlnic @ARC_HLI @karenbadcock @Little_Em_TY & See U @MHchat today Re Stigma

16-Jan-13 18:02 | MHchat



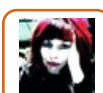
@PacificCove @Kred Thank you very much & look forward to seeing you @MHchat discussing #Stigma & #MentalHealth today 3:00 PM EST #MHchat

16-Jan-13 18:04 | MHchat



RT @MHchat: @cunners4 @_TeamRecovery @VictoriaBetton @ScattergoodFdn @citygirlnic @ARC_HLI @karenbadcock @Little_Em_TY & See U @MHchat today Re Stigma

16-Jan-13 18:04 | VictoriaBetton



@MHchat yep will try and join in - 8pm?

16-Jan-13 18:04 | VictoriaBetton



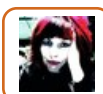
@giasison @mindcheck_ca @Marbella1622 @wellstonebarlow @JayBeckley1 @cackiesmum @pissedatgovrich @BennettGD Great see you in 2 hours @MHchat

16-Jan-13 18:05 | MHchat



@FrankCook @Quinonostante @Hammo46 @LisaStepanovic @jainw @pricemj1 @toddinmpls @Ybr_ian @sunflowerskins TY & see you at #MHChat 8pm GMT

16-Jan-13 18:05 | MHchat



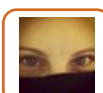
@changeleeds chat tonight from @MHchat is on stigma - joining us? :-)

16-Jan-13 18:05 | VictoriaBetton



RT @MHchat: #Stigma & #MentalHealth: What is Stigma? & How to challenge & change stigma? Join+Share @MHchat Wednesday 8:00 PM GMT / 3:00 PM EST #MHChat

16-Jan-13 18:06 | Marbella1622



I may be late for the debate today. But I'll try to be there! @MHchat

16-Jan-13 18:06 | Canadian_Jai



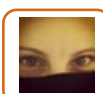
@BuiltClever @MackSportsClub @BeNourishedUK TY & see you @MHchat today discussing #Stigma & #MentalHealth 8:00 PM GMT / 3:00 PM EST @MHchat

16-Jan-13 18:07 | MHchat



@fumanchucat @BeatriceLacy @Lael_Lenehan @Saradreaming @nancycallaghan1 @_scratchtheitch @Dajana_B @belungerer & TY. See you today @MHchat

16-Jan-13 18:09 | MHchat



Concerned by how mental health is viewed in society? Passionate about challenging stigma? Join #MHChat today 8PM GMT/ 3PM EST

16-Jan-13 18:10 | Canadian_Jai



@DennyDew @MumsVoice Excellent. See you at 8:00 PM GMT / 3:00 PM EST discussing #Stigma & #MentalHealth @MHchat #MHchat

16-Jan-13 18:10 | MHchat



RT @VocYork RT @Cypheran @MHchat I'd love to see a nutritionist, psychologist & psychiatrist working together to give options to SUs #MHChat

16-Jan-13 18:12 | MHchat



RT @MHchat: RT @VocYork RT @Cypheran @MHchat I'd love to see a nutritionist, psychologist & psychiatrist working together to give options to SUs #MHChat

16-Jan-13 18:18 | Motiv8edSupport



@DrSabinaDosani It is #Stigma & #MentalHealth. Look forward to your views @MHChat & TY for the blog. :-)
<https://t.co/uAe3jQlz> #MHchat

16-Jan-13 18:18 | MHchat



RT @Irishpsyassist Looking forward to @MHchat tonight on #stigma & #mentalhealth (8pm). Those interested in psychology, come join! #MHchat

16-Jan-13 18:20 | MHchat



RT @MHchat: @DrSabinaDosani It is #Stigma & #MentalHealth. Look forward to your views @MHChat & TY for the blog. :-)
<https://t.co/uAe3jQlz> #MHchat

16-Jan-13 18:21 | DrSabinaDosani



@Irishpsyassist Thank you & see you @MHchat 8:00 PM GMT / 3:00 PM EST #MHchat

16-Jan-13 18:21 | MHchat



@MHchat @vocyork @cypheran That is the problem with all MH services..communication, we try to attend these apps with SU 2 work to same goal.

16-Jan-13 18:21 | Motiv8edSupport



RT @child_family_ny: We'll be chatting! MT @MHchat #Stigma & #MentalHealth: What is Stigma? & How to challenge & change stigma? Wed. 3:00 PM EST #MHchat

16-Jan-13 18:21 | MHchat



@child_family_ny Thank you & see you @MHchat 3:00 PM EST discussing #Stigma & #MentalHealth #MHchat

16-Jan-13 18:22 | MHchat



@VictoriaBetton Excellent & Look forward to your views @MHchat #MHchat today 8:00 PM discussing #Stigma & #MentalHealth

16-Jan-13 18:26 | MHchat



TY @VictoriaBetton for intro & Welcome @changeleads to @MHchat Looking forward to your views Re: #Stigma & #MentalHealth today 8pm @MHchat

16-Jan-13 18:27 | MHchat



@Canadian_Jai No problem. Look forward to seeing you @MHchat #MHchat

16-Jan-13 18:28 | MHchat



RT @MHchat: @cunners4 @_TeamRecovery @VictoriaBetton @ScattergoodFdn @citygirlnic @ARC_HLI @karenbadcock @Little_Em_TY & See U @MHchat today Re Stigma

16-Jan-13 18:28 | karenbadcock



@LiburnaD @Marbella1622 @Motiv8edSupport @karenbadcock TY for RT & see you @MHchat 8pm GMT / 3pm EST discussing #Stigma & #MH #MHchat

16-Jan-13 18:30 | MHchat



@Motiv8edSupport @VocYork @Cypheran Yes, Users+Providers of services collaborating & co-monitoring services really important. #Coproduction

16-Jan-13 18:33 | MHchat



#Stigma & #MentalHealth: Why is there Stigma? & Why does it persist? Share your views @MHchat today 8 PM GMT / 3 PM EST #MHchat #Healthcare

16-Jan-13 18:39 | MHchat



RT @AmandaGreenUK: #Freebooks #kindlebook of my true story is #FREE today worldwide #MH #MHUK #MHSM #MI #MHchat <http://t.co/b871e5pQ> UK <http://t.co/cM6R3g63>

16-Jan-13 18:53 | JJCollinsAuthor



RT @MHchat: #Stigma & #MentalHealth: Why is there Stigma? & Why does it persist? Share your views @MHchat today 8 PM GMT / 3 PM EST #MHchat #Healthcare

16-Jan-13 18:55 | KristinMelton



@alexatRemus @healmyptsd @jessbaker109 @mhchat @Thomas_Bishara Thanks for following The Sage Horse!

16-Jan-13 18:58 | TheSageHorse



RT @MHchat: @LiburnaD @Marbella1622 @Motiv8edSupport @karenbadcock TY for RT & see you @MHchat 8pm GMT / 3pm EST discussing #Stigma & #MH #MHchat

16-Jan-13 19:04 | LiburnaD



RT @Irishpsyassist: Looking forward to @MHchat tonight on the stigma of mental health (8pm). Those interested in psychology, come join!

16-Jan-13 19:21 | caffhan



RT @natasha_tracy: What is a Bipolar Routine? | New Breaking #Bipolar <http://t.co/8rkKkKkM> #mentalillness #health #psych #mhsm #mhchat

16-Jan-13 19:21 | caffhan



RT @MHchat: #Stigma & #MentalHealth: Why is there Stigma? & Why does it persist? Share your views @MHchat today 8 PM GMT / 3 PM EST #MHchat #Healthcare

16-Jan-13 19:29 | claudiamegele



RT @Altarum: MT @MHchat #Stigma & #MentalHealth: What is Stigma? & How to challenge & change stigma? Join+Share @MHchat 3:00 PM EST #MHChat

16-Jan-13 19:31 | MHchat



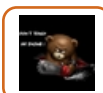
@MHchat Interesting subject in light of recent US furror surrounding gun violence and MH. Looking forward #MHChat

16-Jan-13 19:31 | HanlonMike



RT @Canadian_Jai Concerned by how #mentalhealth viewed in society? Passionate about challenging stigma? Join #MHChat today 8PM GMT/ 3PM EST

16-Jan-13 19:32 | MHchat



RT @MHchat: RT @Canadian_Jai Concerned by how #mentalhealth viewed in society? Passionate about challenging stigma? Join #MHChat today 8PM GMT/ 3PM EST

16-Jan-13 19:44 | pissedatgovrich



RT @AmandaGreenUK: #Freebooks #kindlebook of my true story is #FREE today worldwide #MH #MHUK #MHSM #MI #MHchat <http://t.co/b871e5pQ> UK <http://t.co/cM6R3g63>

16-Jan-13 19:45 | peterbradbury



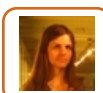
RT @MHchat: #Stigma & #MentalHealth: Why is there Stigma? & Why does it persist? Share your views @MHchat today 8 PM GMT / 3 PM EST #MHchat #Healthcare

16-Jan-13 19:45 | HealthCulture



@HanlonMike Excellent. Look forward to your views. Chat starting in 12 minutes @MHchat #Mhchat

16-Jan-13 19:48 | MHchat



RT @MHchat: #Stigma & #MentalHealth: What is Stigma? & How to challenge & change stigma? Join+Share @MHchat Wednesday 8:00 PM GMT / 3:00 PM EST #MHChat

16-Jan-13 19:49 | MarkOneinFour



RT @MHchat: #Stigma & #MentalHealth: What is Stigma? & How to challenge & change stigma? Join+Share @MHchat Wednesday 8:00 PM GMT / 3:00 PM EST #MHChat

16-Jan-13 19:56 | lanceracey



Very interested in tonight's #mhchat on #stigma and #mentalhealth. My masters degree project was 'stigma by association' to MH professionals

16-Jan-13 19:59 | DrSabinaDosani



Welcome to @MHChat & Great to have you joining us. Today we'll be discussing #Stigma & #MentalHealth #MHChat

16-Jan-13 20:00 | MHchat



There is a general negative image of #MentalHealth difficulty & at times quick stereotyping of individuals. #MHchat

16-Jan-13 20:00 | MHchat



& Unfortunately, many people affected by #MentalHealth challenges experience self-stigma. #MHChat

16-Jan-13 20:00 | MHchat



Given that individual values are formed & conditioned by one's experience & social context. Today we want to explore Stigma. #MHChat

16-Jan-13 20:00 | MHchat



RT @MHchat: Welcome to @MHChat & Great to have you joining us. Today we'll be discussing #Stigma & #MentalHealth #MHChat

16-Jan-13 20:00 | MarkOneinFour



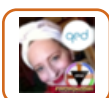
@MHchat Thanks for Following and for Retweeting !

16-Jan-13 20:00 | THEAGENTAPSLEY



So our 1st question is: What is stigma? & Wher does it come from? Why do people have stigma in general & MH stigma in particular? #MHchat

16-Jan-13 20:00 | MHchat



RT @MHchat: Welcome to @MHChat & Great to have you joining us. Today we'll be discussing #Stigma & #MentalHealth #MHChat

16-Jan-13 20:00 | living_as_if



Babysitting 4 kids and going into over time. I'll try to retweet off and on during chat! Have a good one guys! #MHChat

16-Jan-13 20:01 | Canadian_Jai



Question 1: What is stigma? Where does it come from? & Why do people have stigma in general & MH stigma in particular? #MHchat

16-Jan-13 20:01 | MHchat



RT @MHchat: Welcome to @MHChat & Great to have you joining us. Today we'll be discussing #Stigma & #MentalHealth #MHChat

16-Jan-13 20:01 | celticchickadee



RT @AmandaGreenUK: #Freebooks #kindlebook of my true story is #FREE today worldwide #MH #MHUK #MHSM #MI #MHchat <http://t.co/b871e5pQ> UK <http://t.co/cm6R3g63>

16-Jan-13 20:01 | CharityParkerso



RT @MHchat: There is a general negative image of #MentalHealth difficulty & at times quick stereotyping of individuals. #MHchat

16-Jan-13 20:01 | DrSabinaDosani



@MHchat stigma comes from the Greek 'stigmata' meaning signs of disgrace and now can mean any signs that discredit a person. #mhchat

16-Jan-13 20:02 | DrSabinaDosani



@MHchat #MHChat Stigma is a fear based response that usually results from ignorance. Education on MH is key to normalization of illness.

16-Jan-13 20:02 | HanlonMike



@THEAGENTAPSLEY Welcome Q 1: What is stigma? Where does it come from? & Why do ppl have stigma in general & MH stigma in particular? #MHchat

16-Jan-13 20:03 | MHchat



RT @MHchat: Question 1: What is stigma? Where does it come from? & Why do people have stigma in general & MH stigma in particular? #MHchat

16-Jan-13 20:03 | changeleeds



@MHchat there's stigma, I believe, because people are afraid of their own mental frailty and want to discredit others to distance themselves

16-Jan-13 20:03 | DrSabinaDosani



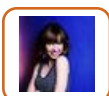
RT @MHchat: Welcome to @MHChat & Great to have you joining us. Today we'll be discussing #Stigma & #MentalHealth #MHChat

16-Jan-13 20:03 | JayneLife



RT @HanlonMike: @MHchat #MHChat Stigma is a fear based response that usually results from ignorance. Education on MH is key to normalization of illness.

16-Jan-13 20:03 | DrSabinaDosani



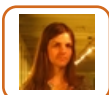
@MHchat Stigma is a lack of education. We aren't taught about mental health at school, so we grow up knowing no different. #mhchat

16-Jan-13 20:03 | KimmoBug



@MHchat #MHchat Goffman referred to stigma as a "spoiled identity", person internalizes neg feelings or has neg perceptions of others beh

16-Jan-13 20:03 | alina_s_w



RT @MHchat: @DrSabinaDosani Welcome Q 1: What is stigma? Where does it come from? & Why do ppl have stigma in general & MH stigma in particular? #MHchat

16-Jan-13 20:03 | MarkOneinFour



@MarkOneinFour TY & Welcome Q 1: What's stigma? Why do ppl have stigma in general & MH stigma in particular? #MHchat

16-Jan-13 20:04 | MHchat



@Canadian_Jai stay, we'd love to have you, even sporadically if you can. #mhchat

16-Jan-13 20:04 | DrSabinaDosani



RT @MarkOneinFour: Hello #mhchat ! Spent a while trying to think of different kinds of #mentalhealth stigma. Here's 10 (12) I came up with <http://t.co/YvnSAApR>

16-Jan-13 20:04 | MHchat



RT @DrSabinaDosani: @MHchat stigma comes from the Greek 'stigmata' meaning signs of disgrace and now can mean any signs that discredit a person. #mhchat

16-Jan-13 20:04 | MHchat



RT @HanlonMike: @MHchat #MHChat Stigma is a fear based response that usually results from ignorance. Education on MH is key to normalization of illness.

16-Jan-13 20:04 | MHchat



@MHchat #MHchat stigma is born out of stereotypes, especially those that places blame on the person, believing it to be a character flaw

16-Jan-13 20:04 | alina_s_w



RT @HanlonMike: @MHchat #MHChat Stigma is a fear based response that usually results from ignorance. Education on MH is key to normalization of illness.

16-Jan-13 20:04 | Kelsblells



#MHchat stigma comes from the unknown, been different and fear

16-Jan-13 20:04 | changeleeds



@alina_s_w @MHchat Goffman also described 'courtesy stigma' that means stigma of mental illness is extended to those caring. #mhchat

16-Jan-13 20:05 | DrSabinaDosani



RT @KimmoBug @MHchat Stigma is a lack of education. We aren't taught abt #mentalhealth at school, so we grow up knowing no different.#mhchat

16-Jan-13 20:05 | MHchat



@MHchat #MHchat when mental illnesses are misunderstood, ppl need to cognitively create explanations for behaviour. This results in stigma.

16-Jan-13 20:05 | alina_s_w



RT @DrSabinaDosani @Canadian_Jai stay, we'd love to have you, even sporadically if you can. #mhchat

16-Jan-13 20:05 | MHchat



@HealthCulture Yes it does. I studied this and found that A&E staff had the most negative attitudes. #mhchat

16-Jan-13 20:05 | DrSabinaDosani



@MHchat So true! <<Unfortunately, many people affected by #MentalHealth challenges experience self-stigma>> #MHChat

16-Jan-13 20:05 | hhampson



@MHchat I think stigma is fear. And that fear is based on ignorance. They use stereotypes to explain what they don't understand. #MHchat

16-Jan-13 20:06 | TruehopeEmpower



@KimmoBug @MHchat #MHChat A big question for all of us is "What are we afraid of?" We all get the flu, can't we all suffer at times MI?

16-Jan-13 20:06 | HanlonMike



#MHchat also MH stigma is passed down generation to generation

16-Jan-13 20:06 | changeleeds



RT @Chocolate_Girly @MHchat Ye Olden Days where 'imperfect' people were hidden away for fear of embarrassing the family name #MHchat

16-Jan-13 20:06 | MHchat



RT @alina_s_w: @MHchat #MHchat when mental illnesses are misunderstood, ppl need to cognitively create explanations for behaviour. This results in stigma.

16-Jan-13 20:06 | DrSabinaDosani



RT @MHchat: RT @KimmoBug @MHchat Stigma is a lack of education. We aren't taught abt #mentalhealth at school, so we grow up knowing no different.#mhchat

16-Jan-13 20:06 | DrSabinaDosani



MT @KimmoBug Stigma is a lack of education. We aren't taught about #mentalhealth at school, so we grow up knowing no different #mhchat

16-Jan-13 20:06 | Altarum



@MHchat @KimmoBug that's so true. I was brought up to be 'wary' of those in 'mental homes' #mhchat

16-Jan-13 20:06 | DrSabinaDosani



RT @alina_s_w: @MHchat #MHchat stigma is born out of stereotypes, especially those that places blame on the person, believing it to be a character flaw

16-Jan-13 20:06 | HealthCulture



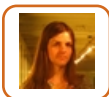
RT @TruehopeEmpower: @MHchat I think stigma is fear. And that fear is based on ignorance. They use stereotypes to explain what they don't understand. #MHchat

16-Jan-13 20:07 | DrSabinaDosani



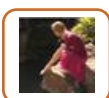
@HealthCulture Welcome Jan. Q1: What is stigma? Where does it come from? & #MHchat

16-Jan-13 20:07 | MHchat



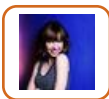
This was me writing for @timetochange about #mentalhealth stigma, trying to unpack it a bit <http://t.co/ct9IDifw> #mhchat

16-Jan-13 20:07 | MarkOneinFour



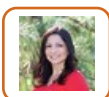
@DrSabinaDosani @MHchat very much agree with this. People are also afraid of what they do not understand #mhchat

16-Jan-13 20:07 | Little_Em_



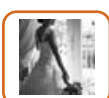
@alina_s_w @MHchat I agree! There's so much opportunity for us to educate about #mentalhealth from a young age, but we don't. #timeforchange

16-Jan-13 20:07 | KimmoBug



@HanlonMike @MHchat #MHChat I agree with your definition of stigma. Too often people make assumptions & statements without having knowledge

16-Jan-13 20:07 | Marbella1622



@MHchat #MHchat when people believe that mental illness is brought on by the person, or is a result of lack of will people develop stigma.

16-Jan-13 20:07 | alina_s_w



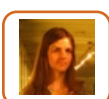
@HanlonMike @KimmoBug @MHchat people see the flu as treatable (tho' it isn't) and fear mental illness as untreatable, undefinable. #mhchat

16-Jan-13 20:08 | DrSabinaDosani



RT @alina_s_w #MHchat stigma is born out of stereotypes, especially those who place blame on the person, believing it to be a character flaw

16-Jan-13 20:08 | MHchat



I think part of the function of stigma that is forgotten is social control. A stigma is a warning to others 'not to go there' #mhchat

16-Jan-13 20:08 | MarkOneinFour



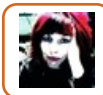
@alina_s_w Excellent point. Can you elaborate on that please? #MHchat

16-Jan-13 20:08 | MHchat



@Little_Em_ @MHchat sadly I think even when they do understand intellectually, they are afraid, irrationally #mhchat

16-Jan-13 20:08 | DrSabinaDosani



@mhchat stigma is exacerbated and perpetuated through inaccurate and stereotyped portrayals in much of the media #mhchat

16-Jan-13 20:09 | VictoriaBetton



RT @Little_Em_ @DrSabinaDosani @MHchat very much agree with this. People are also afraid of what they do not understand #mhchat

16-Jan-13 20:09 | MHchat



RT @alina_s_w: @MHchat #MHchat stigma is born out of stereotypes, especially those that places blame on the person, believing it to be a character flaw

16-Jan-13 20:09 | TruehopeEmpower



@Marbella1622 @MHchat and use those assumptiond to further many agenda's #gunsin america #MHChat. Those with MI r not predominantly violent

16-Jan-13 20:09 | HanlonMike



RT @DrSabinaDosani: @MHchat there's stigma, I believe, because people are afraid of their own mental frailty and want to discredit others to distance themselves

16-Jan-13 20:09 | MHchat



RT @DrSabinaDosani: @Little_Em_ @MHchat sadly I think even when they do understand intellectually, they are afraid, irrationally #mhchat

16-Jan-13 20:09 | TruehopeEmpower



RT @MarkOneinFour: The question of why a society might not want 'people to go there' regarding #mentalhealth is a good question, though #mhchat

16-Jan-13 20:09 | DrSabinaDosani



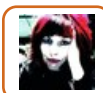
RT @academiablues Stigma is how you feel, discrimination is what happens. Important distinction. #MHChat

16-Jan-13 20:10 | MHchat



@DrSabinaDosani I think it's because stigma is so culturally enforced; it runs deep and difficult to overcome. @Little_Em_ @MHchat

16-Jan-13 20:10 | TruehopeEmpower



@MarkOneinFour yes agreed that social control is an important factor #mhchat

16-Jan-13 20:10 | VictoriaBetton



RT @VictoriaBetton: @mhchat stigma is exacerbated and perpetuated through inaccurate and stereotyped portrayals in much of the media #mhchat

16-Jan-13 20:10 | TruehopeEmpower



@HanlonMike @mhchat Each time we label & dismiss someone w mh probs, we avoid looking at our own fear & absolve our unempathic beh. #mhchat

16-Jan-13 20:10 | Skillful_steps



RT @MarkOneinFour: I think part of the function of stigma that is forgotten is social control. A stigma is a warning to others 'not to go there' #mhchat

16-Jan-13 20:10 | MHchat



@Paully232000 Thats a good way of encouraging use - I told student last wk of #mhchat - but they still v reluctant to 'get involved' #eswphd

16-Jan-13 20:10 | DeniseT01



@VictoriaBetton @MHchat but there have also been some really positive things in the media such as portrayal in soaps. #mhchat

16-Jan-13 20:10 | DrSabinaDosani



#MHchat diagnosis = stigma, undiagnosed illnesses seen as eccentric. Stigma comes from psychiatry's unchallenged medicalisation of difference

16-Jan-13 20:11 | BecciCath



@MHchat Stigma relates to and comes from dichotomous or narrow thinking and misinformation. Lack of openness.

16-Jan-13 20:11 | CheyRatnam



@VictoriaBetton That is an important point. Can you explain further please? #MHchat

16-Jan-13 20:11 | MHchat



@HanlonMike @Marbella1622 @MHchat thanks for reminding us @hanlonmike. #mhchat

16-Jan-13 20:11 | DrSabinaDosani



If wondering how to do twitter chat like #nhssm or #mhchat , just click hashtag, read then jump in, making sure you include tag in yr tweet

16-Jan-13 20:11 | MarkOneinFour



@CheyRatnam Great. Please use the hashtag #MHCHAT so everyone can see your tweets. Thank you.

16-Jan-13 20:11 | MHchat



RT @MHchat: Welcome to @MHChat & Great to have you joining us. Today we'll be discussing #Stigma & #MentalHealth #MHChat

16-Jan-13 20:11 | Sectioned_



RT @Skillful_steps: @HanlonMike @mhchat Each time we label & dismiss someone w mh probs, we avoid looking at our own fear & absolve our unempathic beh. #mhchat

16-Jan-13 20:11 | MHchat



@MHchat #MHchat, people believe that those who have mental illnesses are weak, and not "strong enough" to deal with their issues.

16-Jan-13 20:11 | alina_s_w



RT @MarkOneinFour: If wondering how to do twitter chat like #nhssm or #mhchat , just click hashtag, read then jump in, making sure you include tag in yr tweet

16-Jan-13 20:11 | sarahkatenorman



RT @alina_s_w: @MHchat #MHchat when people believe that mental illness is brought on by the person, or is a result of lack of will people develop stigma.

16-Jan-13 20:12 | MHchat



@DrSabinaDosani @mhchat yes definitely mixed. Often positive in health pages of papers but not on crime pages... #mhchat

16-Jan-13 20:12 | VictoriaBetton



@MHchat how many times has ppl avoid someone cause they look different, act different hoping that person does not sit next to you on the bus

16-Jan-13 20:12 | changeleeds



@DrSabinaDosani @MHchat -> We discriminate about the film that everyone else or critics say is great, but stigma damns people beyond return

16-Jan-13 20:12 | THEAGENTAPSLEY



@BecciCath oh I have to disagree with you there. I maintain we are taught to look for pathology (as all drs are) and make it better. #mhchat

16-Jan-13 20:12 | DrSabinaDosani



RT @DrSabinaDosani: @alina_s_w @MHchat Goffman also described 'courtesy stigma' that means stigma of mental illness is extended to those caring. #mhchat

16-Jan-13 20:12 | alina_s_w



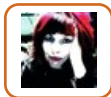
RT @KimmoBug: @alina_s_w @MHchat I agree! There's so much opportunity for us to educate about #mentalhealth from a young age, but we don't. #timeforchange

16-Jan-13 20:12 | alina_s_w



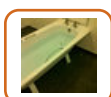
@VictoriaBetton @MHchat you're right on the button there. Crime journos take notes. Lots of them. #mhchat

16-Jan-13 20:13 | DrSabinaDosani



@MHchat research I've read suggest sympathetic in health pages of press but same old violence stereotypes in crime pages #mhchat

16-Jan-13 20:13 | VictoriaBetton



If you're taking part in a tweet chat, remember to include the hashtag so others can see your tweets. Mental health chat is on now! #mhchat

16-Jan-13 20:13 | Sectioned_



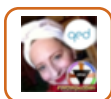
@alina_s_w @MHchat Those people include the ones diagnosed, because hospitals / professionals impart that message to them.

16-Jan-13 20:13 | THEAGENTAPSLEY



Question 2: Is stigma a cultural or social or individual question? & What are some examples of stigma? #MHChat #MentalHealth

16-Jan-13 20:13 | MHchat



RT @Sectioned_: If you're taking part in a tweet chat, remember to include the hashtag so others can see your tweets. Mental health chat is on now! #mhchat

16-Jan-13 20:13 | living_as_if



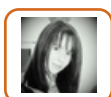
@HealthCulture @alina_s_w I think people are afraid of difference, of 'otherness' and that makes them fear mental ill health #mhchat

16-Jan-13 20:13 | DrSabinaDosani



@MHchat Perhaps something which there is a lack of awareness around can often lend itself to stigma being attached to it

16-Jan-13 20:13 | JayneLife



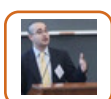
RT @MarkOneinFour: Hello #mhchat ! Spent a while trying to think of different kinds of #mentalhealth stigma. Here's 10 (12) I came up with <http://t.co/YvnSAApR>

16-Jan-13 20:13 | sarahahpmh



@HealthCulture #MHchat @MHchat yes like how people believe mental illness = violence when ppl with MI are likely to be victims than perp

16-Jan-13 20:14 | alina_s_w



.@DocInsanity Increasing influence of MB-dualism in Victorian era also a factor. #histstigma #MHChat #histanatomy #BirthoftheClinic

16-Jan-13 20:14 | prof_goldberg



@MHchat #MHchat It is a lack of understanding, ignorance and just not having experienced it Nobody really understands the true impact

16-Jan-13 20:14 | MumsVoice



RT @MarkOneinFour: I think part of the function of stigma that is forgotten is social control. A stigma is a warning to others 'not to go there' #mhchat

16-Jan-13 20:14 | Skillful_steps



@MHchat clinical examples 'oh you're finally here to see the overdose in cubicle 4' and 'all psychiatrists are a bit mad' #mhchat

16-Jan-13 20:14 | DrSabinaDosani



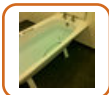
@WriteCoachKiki @MarkOneinFour TY. Please use the hashtag #MHCHAT so everyone can see your tweets. Thank you.

16-Jan-13 20:14 | MHchat



@DrSabinaDosani @alina_s_w #MHchat True. This is basic anthropology

16-Jan-13 20:14 | HealthCulture



If you're taking part in a tweet chat, using a program like tweetchat can make it a lot easier to follow, lurk or join in :) #mhchat

16-Jan-13 20:15 | Sectioned_



And commodification/profit via discipline MT @MarkOneinFour part of the function of stigma that is forgotten is social control. #mhchat

16-Jan-13 20:15 | HallyMk1



. @MarkOneinFour Yes & when we stigmatize those who make us uncomfortable, we're effectively saying, "u can b seen, but not heard" #mhchat

16-Jan-13 20:15 | Skillful_steps



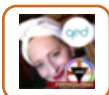
RT @Sectioned_: If you're taking part in a tweet chat, remember to include the hashtag so others can see your tweets. Mental health chat is on now! #mhchat

16-Jan-13 20:15 | fyeahMadPride



RT @MarkOneinFour: This was me writing for @timetochange about #mentalhealth stigma, trying to unpack it a bit <http://t.co/ct9IDifw> #mhchat

16-Jan-13 20:15 | petervhale



RT @VictoriaBetton: #mhchat @mhchat research also suggests biomedical explanations of mental distress increase stigma whilst social ones decrease

16-Jan-13 20:15 | living_as_if



Mental health issues seen as a weakness by society, people don't want to divulge their weakness therefore Stigma remains #MHchat

16-Jan-13 20:15 | puffindiaries



@MHchat #MHchat and also you cant see it so you dont really think anything is wrong

16-Jan-13 20:15 | MumsVoice



Freud saw neurosis as a conflict between individual and society. Society stigmatize what it finds non-conforming. #MHchat

16-Jan-13 20:15 | DennyDew



@MHchat @WriteCoachKiki @MarkOneinFour so how do we educate the public? Agree, absolutely important but how? #mhchat

16-Jan-13 20:15 | DrSabinaDosani



@MHchat #MHChat I experienced stigma at a drs office last wk. the dr didn't even examine me, assumed I was "crazy"

16-Jan-13 20:15 | supportfibro



#mhchat I think stigma is perpetuated by this government, ATOS medicals for example, making you feel you are fundamentally flawed. Unworthy.

16-Jan-13 20:15 | BPDFFS



RT @DrSabinaDosani: @BecciCath oh I have to disagree with you there. I maintain we are taught to look for pathology (as all drs are) and make it better. #mhchat

16-Jan-13 20:16 | MHchat



RT @supportfibro: @MHchat #MHChat I experienced stigma at a drs office last wk. the dr didn't even examine me, assumed I was "crazy"

16-Jan-13 20:16 | DrSabinaDosani



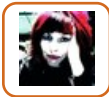
@BecciCath #mhchat It's the nature of human beings to pick on difference, in 'the odd', those perceived weak, etc., though

16-Jan-13 20:16 | THEAGENTAPSLEY



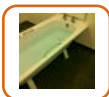
@alina_s_w @MHchat #MHchat, people believe that those who have mental illnesses are weak, and not "strong enough" to deal with their issues.

16-Jan-13 20:16 | MHchat



@DrSabinaDosani @mhchat @writecoachkiki @markoneinfour most effective method of challenging stigma is direct contact on equal terms #mhchat

16-Jan-13 20:16 | VictoriaBetton



Is there another word for "stigma" that makes it easier to understand? #mhchat

16-Jan-13 20:16 | Sectioned_



When we tell people what they 'are' (e.g. schizophrenics are violent, people with PD are unhinged) we all allow stigma to grow #mhchat

16-Jan-13 20:17 | academiablues



RT @BPDFFS: #mhchat I think stigma is perpetuated by this government, ATOS medicals for example, making you feel you are fundamentally flawed. Unworthy.

16-Jan-13 20:17 | stuckinscared



@supportfibro @MHchat this is awful. Means physical causes are missed and happens all too often. #mhchat

16-Jan-13 20:17 | DrSabinaDosani



RT @DrSabinaDosani: @HealthCulture @alina_s_w I think people are afraid of difference, of 'otherness' and that makes them fear mental ill health #mhchat

16-Jan-13 20:17 | THEAGENTAPSLEY



@MHchat Some individuals stigmatise due to simple ignorance or lack of understanding. #.hchat

16-Jan-13 20:17 | KimmoBug



@MHchat #MHchat #Stigma is all three, but more so social. Policy makers have a large role to play in the perpetuation of stigma.

16-Jan-13 20:17 | alina_s_w



@MHchat Its all 3....

16-Jan-13 20:17 | MumsVoice



@MHchat There is an alternative to diagnosis, it's called formulation. More human. #MHchat

16-Jan-13 20:17 | DennyDew



@alina_s_w @HealthCulture can you say what you mean by 'explanations'? #mhchat

16-Jan-13 20:17 | DrSabinaDosani



@MHchat #MHchat #Stigma is all three, but more so social. Policy makers have a large role to play in the perpetuation of stigma.

16-Jan-13 20:17 | alina_s_w



@MHchat Its all 3....

16-Jan-13 20:17 | MumsVoice



@MHchat There is an alternative to diagnosis, it's called formulation. More human. #MHchat

16-Jan-13 20:17 | DennyDew



@alina_s_w @HealthCulture can you say what you mean by 'explanations'? #mhchat

16-Jan-13 20:17 | DrSabinaDosani



@BPDFFS yep that's the link with social control @MarkOneinFour referred to - v important not to individualise stigma #mhchat

16-Jan-13 20:17 | VictoriaBetton



RT @MHchat: @BecciCath Why do you think diagnosis = stigma? Without diagnosis how can there be appropriate care? #MHChat #mentalhealth

16-Jan-13 20:17 | DrSabinaDosani



@DrSabinaDosani thanks! Definitely going to try! #MHChat

16-Jan-13 20:17 | Canadian_Jai



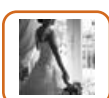
#mhchat Joining in! @MHchat

16-Jan-13 20:17 | glengaugh



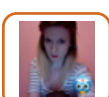
RT @HealthCulture: @DrSabinaDosani @alina_s_w #MHchat True. This is basic anthropology

16-Jan-13 20:17 | DrSabinaDosani



@MHchat #MHchat #Stigma becomes individual when the person internalizes negative blame or assimilates negative messages to their schema.

16-Jan-13 20:18 | alina_s_w



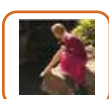
RT @Sectioned_: I'm still trying to understand what the word "stigma" means. #mhchat

16-Jan-13 20:18 | NatalieMHN



@Sectioned_ #mhchat I believe that it means little without examples of how people feel it, get it, shake it off...

16-Jan-13 20:18 | THEAGENTAPSLEY



@MHchat example I heard from a psychiatrist at work who said of one of my clients 'he's quite intelligent for a schizophrenic' #mhchat

16-Jan-13 20:18 | Little_Em_



Needs definition inside capitalism RT @Sectioned_ I'm still trying to understand what the word "stigma" means. #mhchat

16-Jan-13 20:18 | HallyMk1



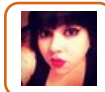
@MHchat @alina_s_w #MHchat or dont realise that they might not have the insight to deal with their issues or realise how ill they are?

16-Jan-13 20:18 | MumsVoice



RT @DrSabinaDosani: @MHchat clinical examples 'oh you're finally here to see the overdose in cubicle 4' and 'all psychiatrists are a bit mad' #mhchat

16-Jan-13 20:18 | Little_Em_



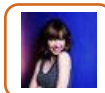
RT @academiablues: When we tell people what they 'are' (e.g. schizophrenics are violent, people with PD are unhinged) we all allow stigma to grow #mhchat

16-Jan-13 20:18 | LinkyGray



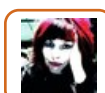
RT @DennyDew @MHchat There is an alternative to diagnosis, it's called formulation. More human. #MHchat

16-Jan-13 20:18 | MHchat



@MHchat May seem small to some but stigmas like 'others have it so much worse than you' and 'pull yourself together' are the worst #mhchat

16-Jan-13 20:18 | KimmoBug



@DennyDew @mhchat formulation a good departure as long as its done with and not to #mhchat

16-Jan-13 20:19 | VictoriaBetton



@Sectioned_ I just thesaurus'ed 'stigma'. I can't believe what came up. 'Black mark', 'brand', 'disgraced', to name a few. Shocking. #mhchat

16-Jan-13 20:19 | ScarletxB



RT @MHchat: RT @DennyDew @MHchat There is an alternative to diagnosis, it's called formulation. More human. #MHchat

16-Jan-13 20:19 | Little_Em_



@alina_s_w: @MHchat #MHchat #Stigma is all three, but more so social. Policy makers have a large role to play in the perpetuation of stigma.

16-Jan-13 20:19 | MHchat



@MHchat Perhaps its a lack of awareness around mental health which lends itself to there being a stigma attached to it #mhchat

16-Jan-13 20:19 | JayneLife



RT @MHchat: RT @Little_Em_ @DrSabinaDosani @MHchat very much agree with this. People are also afraid of what they do not understand #mhchat

16-Jan-13 20:19 | lanceracey



.@MHchat @writecoachkiki @markoneinfour Some successful people have disclosed mh struggles to the media - challenges stereotypes. #mhchat

16-Jan-13 20:19 | Skillful_steps



@HanlonMike @MHchat #MHchat Excellent point.Perfect example with media & their characterization of Aspergers during #Connecticut shootings.

16-Jan-13 20:19 | Marbella1622



RT @alina_s_w: @MHchat #MHchat stigma is born out of stereotypes, especially those that places blame on the person, believing it to be a character flaw

16-Jan-13 20:19 | lanceracey



@DennyDew @MHchat actually, diagnosis in DSM is multi axial, i.e. also a formulation; let the two coexist. #mhchat

16-Jan-13 20:19 | DrSabinaDosani



@DrSabinaDosani @HealthCulture people's own cognitive attributions for a person's behaviour. #MHchat

16-Jan-13 20:19 | alina_s_w



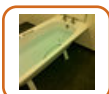
RT @ScarlettB: @Sectioned_ I just thesaurus'ed 'stigma'. I can't believe what came up. 'Black mark', 'brand', 'disgraced', to name a few. Shocking. #mhchat

16-Jan-13 20:20 | fyeahMadPride



@MHchat @VictoriaBetton Media interest we must always remeber is commercial not socially conscious. If it ain't sexy it don't sell =stigma

16-Jan-13 20:20 | HanlonMike



I think this discussion is a bit over my head. I'm still tryind to understand what the word "stigma" means. #mhchat

16-Jan-13 20:20 | Sectioned_



RT @BPDFFS: #mhchat I think stigma is perpetuated by this government, ATOS medicals for example, making you feel you are fundamentally flawed. Unworthy.

16-Jan-13 20:20 | Canadian_Jai



RT @MHchat: RT @academiablues Stigma is how you feel, discrimination is what happens. Important distinction. #MHChat

16-Jan-13 20:20 | lanceracey



@MumsVoice @MHchat #MHchat yes true!

16-Jan-13 20:20 | alina_s_w



RT @KimmoBug: @MHchat May seem small to some but stigmas like 'others have it so much worse than you' and 'pull yourself together' are the worst #mhchat

16-Jan-13 20:20 | MHchat



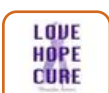
@VictoriaBetton @DennyDew @MHchat fwtw in my book, diagnosis should also be done with and not to, and with a formulation too. #mhchat

16-Jan-13 20:20 | DrSabinaDosani



RT @BecciCath: #MHchat I see MH stigma as the societal enabling of medically legitimised discrimination on the grounds of ignorance & fear of MH.

16-Jan-13 20:20 | HealthCulture



RT @DrSabinaDosani: @supportfibro @MHchat this is awful. Means physical causes are missed and happens all too often. #mhchat

16-Jan-13 20:20 | supportfibro



When we delineate between 'them' and 'us', othering people, no wonder they feel rubbish about themselves and experience stigma #mhchat

16-Jan-13 20:20 | academiablues



RT @VictoriaBetton: @mhchat stigma is exacerbated and perpetuated through inaccurate and stereotyped portrayals in much of the media #mhchat

16-Jan-13 20:20 | lanceracey



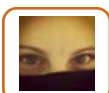
Ignorance #mhchat

16-Jan-13 20:20 | bubbles7673



RT @BecciCath: #MHchat I see MH stigma as the societal enabling of medically legitimised discrimination on the grounds of ignorance & fear of MH.

16-Jan-13 20:20 | DrSabinaDosani



RT @Sectioned_: I think this discussion is a bit over my head. I'm still tryind to understand what the word "stigma" means. #mhchat

16-Jan-13 20:20 | Canadian_Jai



RT @changeleeds: @MHchat how many times has ppls avoid someone cause they look different,act different hoping that person does not sit next to you on the bus

16-Jan-13 20:21 | lanceracey



@KimmoBug @MHchat #MHchat agree totally

16-Jan-13 20:21 | MumsVoice



When trying to understand a concept, it helps me to have examples. I'm not so good with abstract concepts. #mhchat

16-Jan-13 20:21 | Sectioned_



RT @academiablues: When we tell people what they 'are' (e.g. schizophrenics are violent, people with PD are unhinged) we all allow stigma to grow #mhchat

16-Jan-13 20:21 | glengaugh



@MHchat @alina_s_w: I agree. It may make some people feel safer to differentiate themselves from others who carry a dx that they fear.

16-Jan-13 20:21 | child_family_ny



@HealthCulture #MHchat also they refuse to fund our awareness events because "crazy people won't understand"

16-Jan-13 20:21 | alina_s_w



RT @MHchat: Question 2: Is stigma a cultural or social or individual question? & What are some examples of stigma? #MHChat #MentalHealth

16-Jan-13 20:21 | lanceracey



@Canadian_Jai Stigma is rejection of the different for fear #MHchat

16-Jan-13 20:21 | DennyDew



RT @MHchat: @PacificCove @Kred Thank you very much & look forward to seeing you @MHchat discussing #Stigma & #MentalHealth today 3:00 PM EST #MHchat

16-Jan-13 20:21 | PacificCove



RT @MHchat: RT @WriteCoachKiki @mhchat @markoneinfour Agree, lack of information/educating the public. Stigma begets shame begets stigma. #MHchat

16-Jan-13 20:21 | lanceracey



@MumsVoice Good point. can you explain further please? #MHchat

16-Jan-13 20:21 | MHchat



RT @BecciCath: #MHchat I see MH stigma as the societal enabling of medically legitimised discrimination on the grounds of ignorance & fear of MH.

16-Jan-13 20:21 | Canadian_Jai



@Little_Em_ @MHchat someone where I used to work said client had 'borderline hair.' What does that even mean?! #MHChat

16-Jan-13 20:21 | academiablues



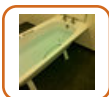
RT @BPDFFS: #mhchat I think stigma is perpetuated by this government, ATOS medicals for example, making you feel you are fundamentally flawed. Unworthy.

16-Jan-13 20:22 | lanceracey



@Little_Em_ #MHchat that's outrageous. MH illness doesnt discriminate across class, wealth, gender or intelligence. Dr was stereotyping

16-Jan-13 20:22 | BecciCath



When taking part in a tweet chat, remember to include the hashtag in your tweets so other people can see them :) #mhchat

16-Jan-13 20:22 | Sectioned_



RT @BecciCath: @Little_Em_ #MHchat that's outrageous. MH illness doesn't discriminate across class, wealth, gender or intelligence. Dr was stereotyping

16-Jan-13 20:22 | DrSabinaDosani



RT @supportfibro @MHchat #MHChat I experienced stigma at a dr's office last wk. the dr didn't even examine me, assumed I was "crazy"

16-Jan-13 20:22 | MHchat



@MHchat Stigma exists everywhere : to be an unmarried mother meant that, before the 1983 Mental Health Act, one could be sectioned ->

16-Jan-13 20:22 | THEAGENTAPSLEY



RT @DrSabinaDosani @supportfibro @MHchat this is awful. Means physical causes are missed and happens all too often. #mhchat

16-Jan-13 20:23 | MHchat



@MHchat #MHchat it impacts you and those around regardless of what cultural, social or individual situation you are in its there regardless

16-Jan-13 20:23 | MumsVoice



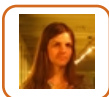
@Sectioned_ #mhchat like a stigmatized person is one who receives societal msgs like "u should be ashamed of yrself"

16-Jan-13 20:23 | fyeahMadPride



@MHchat -> People co-habiting used to be frowned on, as against married couples, but some things change.

16-Jan-13 20:23 | THEAGENTAPSLEY



Useful to think of stigma as either 'othering' (drawing a line between us and them) or punishing (certain things are unacceptable) #mhchat

16-Jan-13 20:23 | MarkOneinFour



@academiablues @Little_Em_ @MHchat it means an unedited, closed minded bigot of the highest order who ought not to be in that job. #mhchat

16-Jan-13 20:23 | DrSabinaDosani



@Motiv8edSupport #MHchat @MHchat yes the media has a big role to play in perpetuating negative stereotypes of mental illness.

16-Jan-13 20:23 | alina_s_w



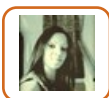
#stigma is also born out of fear. What we can't understand we become judgemental out of fear. #MHChat @MHchat

16-Jan-13 20:24 | Canadian_Jai



RT @MarkOneinFour: Sorry to stack up the links, but here's me being interviewed about #mentalhealth and stigma <http://t.co/9G6Yysx0> #mhchat

16-Jan-13 20:24 | DrSabinaDosani



@MHchat @alina_s_w agreed, which leads the individual into a deeper self fulfilling prophecy of not feeling good enough. #MHChat

16-Jan-13 20:24 | Fran_Proctor



#mhchat stigma = not being able to have organ transplant because of severe mental illness as it causes apparent poor med compliance.

16-Jan-13 20:24 | DorsetMHForum



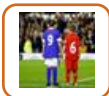
RT @alina_s_w: @HealthCulture #MHchat in the hospital I work they place the Mental Health Unit far from other out-patient units for "safety".

16-Jan-13 20:25 | DrSabinaDosani



@BecciCath I know! Obv he was not enlightened. Another said "one day maybe we'll even progress to having s/users becoming 1/2 #mhchat

16-Jan-13 20:25 | Little_Em_



@MHchat Mental health diagnosis may = stigma, but it is society that is responsible for creating stigma. Not diagnosis. #mhchat

16-Jan-13 20:25 | ciaranmcguinne1



RT @Little_Em_: @MHchat example I heard from a psychiatrist at work who said of one of my clients 'he's quite intelligent for a schizophrenic' #mhchat

16-Jan-13 20:25 | DrSabinaDosani



@Sectioned_ #mhchat maybe that's just our individualized neoliberalcapitalism historical moment&stigma has had diff msgs about shame in past

16-Jan-13 20:25 | fyeahMadPride



@SusanPriceRD Follow the #MHchat going on at the moment. It is a cycle that needs breaking. I openly try to talk about my depression.

16-Jan-13 20:25 | puffindiaries



@MHchat #MHchat if a celebrity admits to mental illness, they are heroes, when an ordinary citizen does, they are shunned or taunted.

16-Jan-13 20:25 | alina_s_w



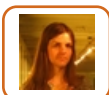
RT @BPDDFFS: #mhchat I think stigma is perpetuated by this government, ATOS medicals for example, making you feel you are fundamentally flawed. Unworthy.

16-Jan-13 20:25 | DebMildenstein



@DrSabinaDosani @supportfibro @MHchat #MHchat In my case the physical symptoms are dismissed as something else They always are

16-Jan-13 20:25 | MumsVoice



RT @VictoriaBetton: @DrSabinaDosani @mhchat @writecoachkiki @markoneinfour most effective method of challenging stigma is direct contact on equal terms #mhchat

16-Jan-13 20:25 | MarkOneinFour



#MHchat stigma can also be a political ideology too. Not many politicians care about mental health as they can play to voters & demonise 1/2

16-Jan-13 20:25 | BecciCath



#Stigma comes straight from the U.S. federal government. They still call us "mental defectives."
<http://t.co/aJiphRTz> #mhchat

16-Jan-13 20:25 | RewardConsent



@MarkOneinFour #MHChat I think stigma is more of a fall back to established "norms" It takes more work to listen authentically.

16-Jan-13 20:25 | HanlonMike



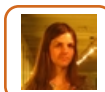
@MarkOneinFour: Useful to think of stigma as either othering (a line between us & them) or punishing (certain things R unacceptable) #mhchat

16-Jan-13 20:26 | MHchat



#mhchat I stigmatised myself for years. Saw illness as a huge flaw, a chasm caused by labelling. The answer is self acceptance, self worth.

16-Jan-13 20:26 | EnchantedApril



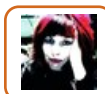
RT @HanlonMike: @MarkOneinFour #MHChat I think stigma is more of a fall back to established "norms" It takes more work to listen authentically.

16-Jan-13 20:26 | MarkOneinFour



@HanlonMike But where do those norms come from? #mhchat

16-Jan-13 20:26 | MarkOneinFour



@mhchat #mhchat National Attitudes to Mental Illness reports provide annual data about stigma <http://t.co/PTTXU0gT>

16-Jan-13 20:26 | VictoriaBetton



When taking part in a tweet chat, using a programme like tweetchat makes it easier <http://t.co/9Gt4ntXw> :) #mhchat

16-Jan-13 20:26 | Sectioned_



RT @Canadian_Jai: #stigma is also born out of fear. What we can't understand we become judgemental out of fear. #MHChat @MHchat

16-Jan-13 20:27 | TruehopeEmpower



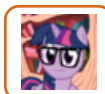
@ciaranmcguinne1 @MHchat #MHChat the diagnosis just allows you to be pigeon-holed.

16-Jan-13 20:27 | HanlonMike



#MHchat 2/2 stigmatise benefit claimants cos they are incapable of working, but look well because "its all in the mind"

16-Jan-13 20:27 | BecciCath



@HanlonMike (not condoning this, just saying people tend not to like what they can't understand and wondering how to help) #MHchat

16-Jan-13 20:27 | academiablues



RT @HanlonMike #MHChat I think stigma is more of a fall back to established "norms" It takes more work to listen authentically. #MHchat

16-Jan-13 20:27 | DennyDew



@Fran_Proctor @MHchat #MHchat...and also diminishes their desire to seek treatment or support.

16-Jan-13 20:27 | alina_s_w



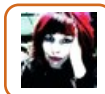
RT @Skillful_steps: @HanlonMike @mhchat Each time we label & dismiss someone w mh probs, we avoid looking at our own fear & absolve our unempathic beh. #mhchat

16-Jan-13 20:27 | liljadewadey



@alina_s_w @MHchat not always. I'm not a celebrity, but mentioned it at job interviews, book deals and (second) dates. No harm done.#mhchat

16-Jan-13 20:27 | DrSabinaDosani



@BecciCath yes I completely agree with you #mhchat

16-Jan-13 20:27 | VictoriaBetton



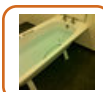
@MHchat @drsabinadosani @supportfibro Sadly, this happens frequently to women, due to gender-based assumptions abt women's complaints #mhchat

16-Jan-13 20:27 | Skillful_steps



RT @Little_Em_: @BecciCath 2/2 ...practitioners" Hello, here I am, it happened :) stigma is sometimes within services as well as in society #mhchat

16-Jan-13 20:27 | DrSabinaDosani



I'm way behind the rest of you guys - still trying to get a handle on what "stigma" means from the tweet chat timeline. #mhchat

16-Jan-13 20:28 | Sectioned_



@HanlonMike I think you're right though, stigmatizing ideas about #mentalhelath are often the ideas 'everyone knows but nobody owns' #mhchat

16-Jan-13 20:28 | MarkOneinFour



@VictoriaBetton @MHchat The worst is that papers / t.v. mention every time that the gunman / attacker 'is believed to have a history of' #mh

16-Jan-13 20:28 | THEAGENTAPSLEY



RT @fyeahMadPride: @Sectioned_ #mhchat maybe that's just our individualized neoliberalcapitalism historical moment&stigma has had diff msgs about shame in past

16-Jan-13 20:28 | MHchat



@DrSabinaDosani @academiablues @MHchat I also know some psychiatrists who are open minded / compassionate - to give a balanced view #mhchat

16-Jan-13 20:28 | Little_Em_



@DrSabinaDosani @MHchat #MHchat, but does that translate to the general population? And could your title "Dr" have something to do w that

16-Jan-13 20:28 | alina_s_w



@Sectioned_ We're talking about people being treated differently in employment, education, healthcare, relationships etc. #mhchat

16-Jan-13 20:28 | N8Nick



RT @MHchat: @MarkOneinFour: Useful to think of stigma as either othering (a line between us & them) or punishing (certain things R unacceptable) #mhchat

16-Jan-13 20:28 | CommCats



@Sectioned_ stigma is like saying "they have a mental illness. They're a fucking banger, I don't want to know that crazy person" mhchat

16-Jan-13 20:28 | futureb0ys



Does stigma mean negative assumptions? #mhchat

16-Jan-13 20:28 | Sectioned_



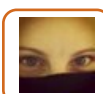
RT @Skillful_steps: @MHchat @drsabinadosani @supportfibro Sadly, this happens frequently to women, due to gender-based assumpts abt women's complaints #mhchat

16-Jan-13 20:29 | DrSabinaDosani



RT @ciaranmcguinne1 @MHchat #Mentalhealth diagnosis may = stigma, but it is society that is responsible for stigma. Not diagnosis. #mhchat

16-Jan-13 20:29 | MHchat



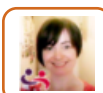
@DennyDew can you elaborate what you mean by that? #MHChat

16-Jan-13 20:29 | Canadian_Jai



RT @Skillful_steps: @MHchat @drsabinadosani @supportfibro Sadly, this happens frequently to women, due to gender-based assumpts abt women's complaints #mhchat

16-Jan-13 20:29 | supportfibro



RT @alina_s_w: @MHchat #MHchat if a celebrity admits to mental illness, they are heroes, when an ordinary citizen does, they are shunned or taunted.

16-Jan-13 20:29 | jackpot73



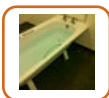
I feel the love. Thank you! :) @DrSabinaDosani: @Canadian_Jai yay! #mhchat”

16-Jan-13 20:29 | Canadian_Jai



@Sectioned_ kind of like judging you based on the fact you have ill mental health #mhchat

16-Jan-13 20:29 | futureb0ys



I guess stigma might mean negative assumptions; and then discrimination is acting on those negative assumptions? #mhchat

16-Jan-13 20:29 | Sectioned_



RT @BPDFFS: #mhchat I think stigma is perpetuated by this government, ATOS medicals for example, making you feel you are fundamentally flawed. Unworthy.

16-Jan-13 20:29 | craigaberdeen



@Sectioned_ Broadly, I think so. #mhchat

16-Jan-13 20:29 | THEAGENTAPSLEY



@DeniseT01 #eswphd lots. Founder of @SWSCmedia #MHchat and incorporates in Step up teaching and assessment. Encouraged others too on team.

16-Jan-13 20:29 | juliawarrener



RT @MarkOneinFour: I think part of the function of stigma that is forgotten is social control. A stigma is a warning to others 'not to go there' #mhchat

16-Jan-13 20:30 | alina_s_w



@MHchat @supportfibro I don't know if this was stigma or not, but when I requested to speak with a psychiatrist, all he did was ask me..1/2

16-Jan-13 20:30 | debbiepalm44



@Little_Em_ @academiablues @MHchat Some of my best friends...etc, alas not on twitter. Many of us do this work because we care. #mhchat

16-Jan-13 20:30 | DrSabinaDosani



@RewardConsent #MHChat when "authorities like Ann Coulter open call others "retards" what can we expect. #hugeratings

16-Jan-13 20:30 | HanlonMike



@Sectioned_ But for me the biggest problem is the ignorance and lack of curiosity in the way that parts of the media talk #mhchat

16-Jan-13 20:30 | N8Nick



RT @MHchat: @MarkOneinFour: Useful to think of stigma as either othering (a line between us & them) or punishing (certain things R unacceptable) #mhchat

16-Jan-13 20:30 | Canadian_Jai



@MumsVoice @drsabinadosani @mhchat Me too!!

16-Jan-13 20:30 | supportfibro



RT @MumsVoice: @DrSabinaDosani @supportfibro @MHchat #MHchat In my case the physical symptoms are dismissed as something else They always are

16-Jan-13 20:30 | supportfibro



@Sectioned_ Does stigma mean negative assumptions? Always! Fear creates all sorts of negativity #mhchat #MHchat

16-Jan-13 20:30 | DennyDew



@Sectioned_ Raol Moat, Sandy Hook, that French psychiatrist being examples where the media have leaped to outdated views #mhchat

16-Jan-13 20:31 | N8Nick



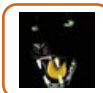
@MHchat @ciaranmcguinne1 But the people who diagnose are in society and help to form its views and the patients' of themselves.

16-Jan-13 20:31 | THEAGENTAPSLEY



@MarkOneinFour #MHchat what's "othered" changes over time, revealing arbitrary nature. But knowing this doesn't alleviate pain of stigma

16-Jan-13 20:31 | HealthCulture



@Sectioned_ members of society assuming anyone with schizophrenia for example are dangerous n incapable= stigma #mhchat

16-Jan-13 20:31 | 444blackcat



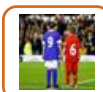
@alina_s_w @MHchat possibly, was a non-psych junior doc when I 'came out' with #depression. Being bright, ballsy and pushy helped. #mhchat.

16-Jan-13 20:31 | DrSabinaDosani



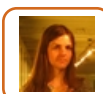
RT @AlysColeKing: @MHchat @DennyDew #MHchat Consider summarising symptoms/experiences causing bother & Diagnosis then just 'shorthand' to facilitate treatment

16-Jan-13 20:31 | MHchat



@HanlonMike @MHchat Do you not think diagnosis provides a signpost for adequate intervention? #mhchat

16-Jan-13 20:31 | ciaranmcguinne1



RT @HealthCulture: @MarkOneinFour #MHchat what's "othered" changes over time, revealing arbitrary nature. But knowing this doesn't alleviate pain of stigma

16-Jan-13 20:31 | MarkOneinFour



@MHchat @supportfibro 2/2..my address, age etc. He didn't even ask how I was feeling right then! No examination! What a waste of my time!

16-Jan-13 20:31 | debbiepalm44



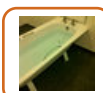
RT @Motiv8edSupport: #mhchat a lot of people don't realise that we all have mental health, it's just the poor mental health which make discussions and the news.

16-Jan-13 20:31 | N8Nick



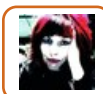
#mhchat - I refuse to give into Stigma, I have a MH problem. I tell people & explain if they want to listen. Doesn't always work, but I try

16-Jan-13 20:31 | PHEME2



Okay, so I'm going to think of stigma as meaning negative assumptions. I think that seems to fit the case. #mhchat

16-Jan-13 20:32 | Sectioned_



@Sectioned_ yes and stigma can become internalised - hard to avoid buying in to all the negative stereotypes #mhchat

16-Jan-13 20:32 | VictoriaBetton



@MHchat #mhchat its a difficult task to end stigma because we live in a judgemental society only speaking up can chip away at social stigma

16-Jan-13 20:32 | aycliffequaker



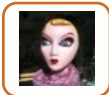
@alina_s_w @MHchat also recognise the power 'dr' title carries. I don't feel powerful though recognise that others perceive me so. #mhchat.

16-Jan-13 20:32 | DrSabinaDosani



RT @Sectioned_: I guess stigma might mean negative assumptions; and then discrimination is acting on those negative assumptions? #mhchat

16-Jan-13 20:33 | Canadian_Jai



RT @VictoriaBetton: @DrSabinaDosani @mhchat @writecoachkiki @markoneinfour most effective method of challenging stigma is direct contact on equal terms #mhchat

16-Jan-13 20:33 | tellmeaboutsw



#mhchat Stigma in commerce: Physical examination for mental health condition for insurance company 1/2

16-Jan-13 20:33 | EnchantedApril



RT @Pheme2: #mhchat - I refuse to give into Stigma, I have a MH problem. I tell people & explain if they want to listen. Doesn't always work, but I try

16-Jan-13 20:33 | puffindiaries



RT @BecciCath: #MHchat I see MH stigma as the societal enabling of medically legitimised discrimination on the grounds of ignorance & fear of MH.

16-Jan-13 20:33 | debbiepalm44



A big problem is that we are scared by the different in us and fear the different in others. We want to conform. #MHchat

16-Jan-13 20:33 | DennyDew



RT @KimmoBug: @MHchat May seem small to some but stigmas like 'others have it so much worse than you' and 'pull yourself together' are the worst #mhchat

16-Jan-13 20:33 | debbiepalm44



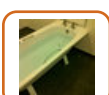
@MHchat #MHchat the diagnosis does bring needed treatment, but the label also brings stigma with it. Diagnosis important, but once labelled

16-Jan-13 20:33 | BecciCath



@DrSabinaDosani @MHchat #MHchat lol @ ballsy...it's great that you received support though.

16-Jan-13 20:33 | alina_s_w



So I'm watching all the comments about "stigma" and replacing the word with "negative assumptions". That seems to work. #mhchat

16-Jan-13 20:33 | Sectioned_



#mhchat I wonder if stigma can come from professionals rather than society as a whole maybe seen as manipulative by staff not friends.

16-Jan-13 20:33 | BPDFFS



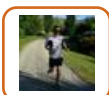
RT @alina_s_w: @MHchat #MHchat when people believe that mental illness is brought on by the person, or is a result of lack of will people develop stigma.

16-Jan-13 20:33 | DepressedBmore



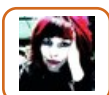
Question 3: Is stigma rooted in history? & What are some of the examples of #stigma in society? #MHChat #MentalHealth

16-Jan-13 20:33 | MHchat



The term #MentalRetardation needs to be abolished. It's all in the way things are framed in some cases. #mhchat

16-Jan-13 20:33 | JayBeckley1



@MarkOneinFour @healthculture stigmas are socially constructed and change over time #mhchat

16-Jan-13 20:33 | VictoriaBetton



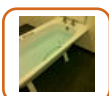
RT @MHchat: Question 3: Is stigma rooted in history? & What are some of the examples of #stigma in society? #MHChat #MentalHealth

16-Jan-13 20:34 | Canadian_Jai



#mhchat some of the public are terrified of Mental Illness, they think it's something you can catch and don't understand it...education key.

16-Jan-13 20:34 | Motiv8edSupport



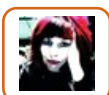
I guess social media uses the word "stigma" as it's shorter than "negative assumptions". #mhchat

16-Jan-13 20:34 | Sectioned_



#MHchat Stigma also comes from an externally-imposed mythology of normativity. It suits those in power to define people simplistically.

16-Jan-13 20:34 | Sisyphusa



@BPDFFS latest research I've seen suggests stigma from #mh professionals shifting the least #mhchat

16-Jan-13 20:34 | VictoriaBetton



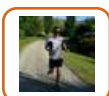
#MHChat The worst is that I feel stigma from my own family. That's why I stay away.

16-Jan-13 20:34 | supportfibro



@DrSabinaDosani @alina_s_w #MHchat Something on attitude of Dr's towards psych: Should psychiatrists go to med school <http://t.co/fOXowtcz>

16-Jan-13 20:35 | HealthCulture



@VictoriaBetton @MarkOneinFour @HealthCulture Couldn't agree more. #mhchat

16-Jan-13 20:35 | JayBeckley1



@DrSabinaDosani @MHchat #MHchat...yes speaks about the power of attribution. "dr" has many positive connotations, overrides the negative.

16-Jan-13 20:35 | alina_s_w



@alina_s_w @MHchat I didn't personally encounter stigma, but wouldn't equate that with 'support'. At the time (1999) I was glad #mhchat

16-Jan-13 20:35 | DrSabinaDosani



RT @DrSabinaDosani: @BecciCath oh I have to disagree with you there. I maintain we are taught to look for pathology (as all drs are) and make it better. #mhchat

16-Jan-13 20:35 | lanceracey



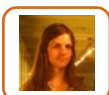
@MHchat @VictoriaBetton @DennyDew #mhchat #mentalhealth Same as 'risk assessment' often 'done to' rather than in compassionate collaboration

16-Jan-13 20:35 | AlysColeKing



Question 4: What is Self-Stigma? & What is at the root of self-stigma? #MHchat

16-Jan-13 20:35 | MHchat



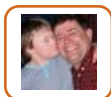
@Skillful_steps @HanlonMike Stigma doesn't dismiss, though, it categories and draws attention to someone or thing #mhchat

16-Jan-13 20:35 | MarkOneinFour



#mhchat often people don't believe me. I've lost work because of it

16-Jan-13 20:35 | PHEME2



@Skillful_steps @MHchat @DrSabinaDosani @supportfibro "Diagnostic Overshadowing" common, all sorts of cognitive bias eg pattern recognition

16-Jan-13 20:36 | purmj



@MHchat possibly back to the days when you were hidden away from society?! Possibly perceived as just 'crazy' end of #MHchat

16-Jan-13 20:36 | Fran_Proctor



#MHchat for some people, if mh diagnosis given many people act like there is no hope: staying silent about + stories means hope gets lost.

16-Jan-13 20:36 | tellmeaboutsw



RT @BPDFFS: #mhchat I wonder if stigma can come from professionals rather than society as a whole maybe seen as manipulative by staff not friends.

16-Jan-13 20:36 | crochetkid75



@alina_s_w @MHchat and why lol @ballsy? There's pure steel behind that smile ;-)' tho mostly employed for my patients now #mhchat

16-Jan-13 20:36 | DrSabinaDosani



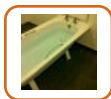
@MHchat: Question 3: Is stigma rooted in history? Yes, according to how much social conformity is strict in a given time. #MHchat

16-Jan-13 20:36 | DennyDew



RT @AlysColeKing: @MHchat @VictoriaBetton @DennyDew #mhchat #mentalhealth Same as 'risk assessment' often 'done to' rather than in compassionate collaboration

16-Jan-13 20:36 | DrSabinaDosani



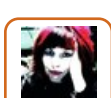
Gosh, there are 4 questions being asked during this tweet chat. Any chance of a retweet so can catch up? #mhchat

16-Jan-13 20:36 | Sectioned_



@MHchat #MHchat from as early as people behaving differently being explained away by saying that they are witches.

16-Jan-13 20:36 | alina_s_w



@AlysColeKing @mhchat @dennydew I think we should move to safety plans - better and more positive frame #mhchat

16-Jan-13 20:36 | VictoriaBetton



@academiablues I wonder if there was less emphasis on the label and more on how to treat the symptoms, things might be different #mhchat

16-Jan-13 20:36 | JayneLife



Read my blog on how formulation can replace diagnosis and banish stigma #MHchat

<http://t.co/5mGgWidT>

16-Jan-13 20:36 | ClinpsychLucy



#MHchat I will talk about my my experiences, but never share my diagnosis. That's where the stigma lies, legitimises the discrimination

16-Jan-13 20:36 | BecciCath



Stigma is near impossible to beat. Even nurses see PD patient's and detoxing patients as a waste of time #MHChat

16-Jan-13 20:36 | futureb0ys



RT @MHchat: There is a general negative image of #MentalHealth difficulty & at times quick stereotyping of individuals. #MHchat

16-Jan-13 20:37 | glengaugh



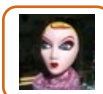
#mhchat "Diagnosing" children with MH probs like Schizophrenia. Where's the hope, empathy or understanding of a child's distress in label?

16-Jan-13 20:37 | liljadeywadey



@Sectioned_ not sure. Stigma in Greek refers to an all visible stain visible to all. #MHchat

16-Jan-13 20:37 | elope_



@MHchat wider stigma becomes internalised I think-if we hear society repeating something we take it as fact.

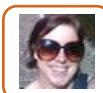
16-Jan-13 20:37 | tellmeaboutsw



RT @ClinpsychLucy: Read my blog on how formulation can replace diagnosis and banish stigma #MHchat

<http://t.co/5mGgWidT>

16-Jan-13 20:37 | N8Nick



RT @VictoriaBetton: @BPDFFS latest research I've seen suggests stigma from #mh professionals shifting the least #mhchat

16-Jan-13 20:38 | BettyGudrun



RT @changeleeds: #MHchat how many times has ppls avoid someone cause they look different,act different hoping that person does not sit next to you on the bus

16-Jan-13 20:38 | lanceracey



@VictoriaBetton @BPDFFS #mhchat They can be very fixed, very disempowering, very damning.

16-Jan-13 20:38 | THEAGENTAPSLEY



@MHchat #MHChat Q4. I feel the root of my shame comes from years of being abused as a child.

16-Jan-13 20:38 | supportfibro



@VictoriaBetton @MarkOneinFour #MHchat Wld it help if more widely understood? Been reading Gergen on this: Therapy as Social Construction

16-Jan-13 20:38 | HealthCulture



@liljadeywadey Labels can be weapons. #MHchat

16-Jan-13 20:38 | DennyDew



@MHchat Elder people tend to be those that say 'I had it so much tougher than you did when I was your age' and so on. #mhchat

16-Jan-13 20:38 | KimmoBug



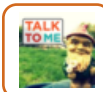
@AlysColeKing @MHchat @VictoriaBetton @DennyDew how can we do that? PS @AlysColeKing is one of those good drs I was on about. #mhchat.

16-Jan-13 20:38 | DrSabinaDosani



@MHchat @healthculture #MHChat stigma I think is created over time, one voice at a time, separating ppl based on #MentalHealth issues

16-Jan-13 20:38 | glengaugh



I stigmatize myself far more than society does - I've only ever encountered support when openly discussing anxiety & depression. #MHChat

16-Jan-13 20:38 | Anita_Relax



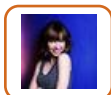
RT @VictoriaBetton: @BPDFFS latest research I've seen suggests stigma from #mh professionals shifting the least #mhchat

16-Jan-13 20:38 | futureb0ys



RT @KimmoBug: @MHchat May seem small to some but stigmas like 'others have it so much worse than you' and 'pull yourself together' are the worst #mhchat

16-Jan-13 20:39 | lanceracey



@MHchat Stigma in society = media scare stories. When will they ever end?! Even in a MHFA I experience stigma... #mhchat

16-Jan-13 20:39 | KimmoBug



RT @Anita_Relax: I stigmatize myself far more than society does - I've only ever encountered support when openly discussing anxiety & depression. #MHChat

16-Jan-13 20:39 | DorsetMHForum



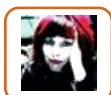
@futureb0ys it's hard to be a but if we believe it's impossible, we could all go home. Carpe Diem: let's end stigma soon. #mhchat

16-Jan-13 20:39 | DrSabinaDosani



@Sectioned_ Yes, I just see it as jargon. #mhchat And jargon begets lack of understanding, lack of talking about what is real...

16-Jan-13 20:39 | THEAGENTAPSLEY



Rt @ClinpsychLucy: Read my blog on how formulation can replace diagnosis and banish stigma #MHchat

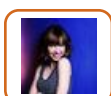
<http://t.co/Gdv1lagv>

16-Jan-13 20:39 | VictoriaBetton



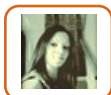
@BecciCath @mhchat that's a good point but some people do appreciate a "label" because they can finally put a name to their illness #MHChat

16-Jan-13 20:39 | Canadian_Jai



@MHchat ... "Maybe we can draw this depressed person with a knife in their hand?" WHAT?!?!?!? #mhchat

16-Jan-13 20:39 | KimmoBug



@alina_s_w @mhchat totally & sad considering the amount of individuals who will suffer from a Mental Health issue at some stage #MHchat

16-Jan-13 20:40 | Fran_Proctor



RT @Anita_Relax: I stigmatize myself far more than society does - I've only ever encountered support when openly discussing anxiety & depression. #MHChat

16-Jan-13 20:40 | DrSabinaDosani



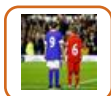
#mhchat Going back to our sociology, stigma is the result of process of assessment , diagnosis, labelling

16-Jan-13 20:40 | SWinHealth



@glengaugh #MHchat But where do those "voices" get their opinions? From the values and prejudices of their society

16-Jan-13 20:40 | HealthCulture



@MHchat Stigma is internalising societal views/perception/judgement of mental health. I think to some extent we all stigmatize at some stage

16-Jan-13 20:40 | ciaranmcguinne1



1st step is teaching about mental health at schools. No problem for 14-15 yo to understand it. My 8 year old knows a lot already #mhchat

16-Jan-13 20:40 | nurse_w_glasses



@Canadian_Jai @sectioned_ #MHChat happens to students w intel disabilities in schools too often

16-Jan-13 20:40 | glengaugh



#mhchat are things getting better and is society showing more and more empathy and understanding as time goes by.

16-Jan-13 20:44 | Motiv8edSupport



Question 5: Often stigmatised people feel unable to challenge #stigma. So how can stigma be challenged & changed? #MHChat

16-Jan-13 20:45 | MHChat



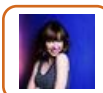
I think you're better RT @alina_s_w #MHchat therefore if i have a mental illness it must mean that I am bad... #MHchat

16-Jan-13 20:45 | DennyDew



Every CMHT should teach about Mhealth at local schools, with clients , to reduce stigma & to let young ppl know that theres help #mhchat

16-Jan-13 20:45 | nurse_w_glasses



RT @alina_s_w: @MHchat #MHchat...most of what we know about ourselves comes from others, if we receive negative msg, that is what we believe abt ourselves

16-Jan-13 20:45 | KimmoBug



RT @DennyDew: Be kind to people who stigmatise, they are scared. #MHchat

16-Jan-13 20:45 | BecciCath



@THEAGENTAPSLEY @Motiv8edSupport #MHchat perhaps through contact with persons with a mental illness. The contact hypothesis.

16-Jan-13 20:45 | alina_s_w



@Canadian_Jai I think it can, you are there to help, if recovery doesn't happen, frustration. Also issues of transference etc. #mhchat

16-Jan-13 20:45 | BPDFFS



@purmj @mhchat @drsabinadosani @supportfibro Yes further complicated by the fact that chron illness in womn presents w less spec sx #mhchat

16-Jan-13 20:45 | Skillful_steps



RT @AmandaGreenUK: #Freebooks #kindlebook of my true story is #FREE today worldwide #MH #MHUK #MHSM #MI #MHchat <http://t.co/b871e5pQ> UK <http://t.co/cM6R3g63>

16-Jan-13 20:45 | rwparrington



RT @nurse_w_glasses: Every CMHT should teach about Mhealth at local schools, with clients , to reduce stigma & to let young ppl know that theres help #mhchat

16-Jan-13 20:45 | academiablues



@nurse_w_glasses Absolutely! Start the conversation early for truly normalised experiences. #timetotalk #MHChat

16-Jan-13 20:46 | VikZenShayla



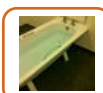
@MHchat #MHchat The only way is to have a voice Local social services and mental health professionals are tied by red tape They do nothing

16-Jan-13 20:46 | MumsVoice



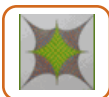
@Canadian_Jai @BecciCath @MHchat Shame parents have to fight for a 'labelled' diagnosis of their child's needs to receive support #mhchat

16-Jan-13 20:46 | JayneLife



Q1: What is stigma? Why do people have stigma in general and mental health stigma in particular? (that's me catching up!) #mhchat

16-Jan-13 20:46 | Sectioned_



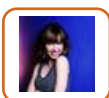
RT @nurse_w_glasses: Every CMHT should teach about Mhealth at local schools, with clients , to reduce stigma & to let young ppl know that theres help #mhchat

16-Jan-13 20:46 | TheSliverEllie



@MHchat #MHchat Self stigma related 2 society & related to shame. Reason people do not admit to themselves need/deserve help or seek support

16-Jan-13 20:46 | AlysColeKing



RT @nurse_w_glasses: Every CMHT should teach about Mhealth at local schools, with clients , to reduce stigma & to let young ppl know that theres help #mhchat

16-Jan-13 20:46 | KimmoBug



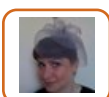
@Skillful_steps: the worst par is that stigma keeps people from seeking help for mh problems & there is potential for improvement. #MHChat

16-Jan-13 20:47 | child_family_ny



Knowledge is power. Education leads to knowledge. Speaking out educates. Freedom of fear of stigma is empowering. #MHChat

16-Jan-13 20:47 | WriteCoachKiki



RT @MarkOneinFour: Useful to think of stigma as either 'othering' (drawing a line between us and them) or punishing (certain things are unacceptable) #mhchat

16-Jan-13 20:47 | CalSno



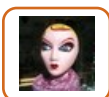
RT @MarkOneinFour: Sorry to stack up the links, but here's me being interviewed about #mentalhealth and stigma <http://t.co/9G6Yysx0> #mhchat

16-Jan-13 20:47 | lanceracey



RT @nurse_w_glasses: Every CMHT should teach about Mhealth at local schools, with clients , to reduce stigma & to let young ppl know that theres help #mhchat

16-Jan-13 20:47 | crochetkid75



@MarkOneinFour ooh what was clay sharkey saying? Any link you could share?! #MHchat

16-Jan-13 20:47 | tellmeaboutsw



RT @MHchat: RT@alina_s_w @MHchat #MHchat #Stigma is all three, but more so social. Policy makers have a large role to play in the perpetuation of stigma

16-Jan-13 20:47 | lanceracey



hello #mhchat great topic tonight

16-Jan-13 20:47 | ProfSocialWork



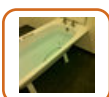
@Motiv8edSupport @theagentapsley @sectioned_ that's incredibly sad and horrible. #MHChat

16-Jan-13 20:47 | Canadian_Jai



RT @Canadian_Jai: #stigma is also born out of fear. What we can't understand we become judgemental out if fear. #MHChat @MHchat

16-Jan-13 20:47 | AaronDLorenz



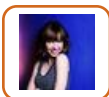
Q2: Is stigma a cultural or social or individual question? And what are some examples of stigma? (Catch up) #mhchat

16-Jan-13 20:47 | Sectioned_



RT @MHchat: RT @supportfibro @MHchat #MHChat I experienced stigma at a drs office last wk. the dr didn't even examine me, assumed I was "crazy"

16-Jan-13 20:47 | lanceracey



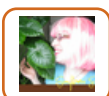
RT @alina_s_w: @MHchat #MHchat i've found contact useful by having group achieve a super goal and then through collaboration focus on similarities not diff

16-Jan-13 20:48 | KimmoBug



RT @Sectioned_: Q1: What is stigma? Why do people have stigma in general and mental health stigma in particular? (that's me catching up!) #mhchat

16-Jan-13 20:48 | ProfSocialWork



Addressing #mentalhealth #stigma isn't society's forte. But there're a few of us, proving we aren't so strange: <http://t.co/xM6naDml> #mhchat

16-Jan-13 20:48 | sunflowerskins



RT @MHchat: RT @DrSabinaDosani @supportfibro @MHchat this is awful. Means physical causes are missed and happens all too often. #mhchat

16-Jan-13 20:48 | lanceraey



@MHchat #MHChat One can start with psycho-education and awareness campaigns at school level?

16-Jan-13 20:48 | pugsfaithfully



@academiablues True... Also, on reflection, often services require a label to justify the support they provide. #mhchat

16-Jan-13 20:48 | JayneLife



RT @nurse_w_glasses: Every CMHT should teach about Mhealth at local schools, with clients , to reduce stigma & to let young ppl know that theres help #mhchat

16-Jan-13 20:48 | dragonmisery



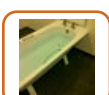
RT @sunflowerskins: Addressing #mentalhealth #stigma isn't society's forte. But there're a few of us, proving we aren't so strange: <http://t.co/xM6naDml> #mhchat

16-Jan-13 20:48 | MagicMComics



@MHchat #MHchat we need tv to show it in a positive light. Tv shows convey all mh issues as humour. Take jean on eastenders for example

16-Jan-13 20:48 | Chocolate_Girly



Q3: Is stigma rooted in history? And what are some of the examples of stigma in society? (Catch up) #mhchat

16-Jan-13 20:48 | Sectioned_



@Sectioned_ yup that me also catching up #mhchat

16-Jan-13 20:48 | ProfSocialWork



@MHchat Education and promotion of positive mental health #mhchat

16-Jan-13 20:48 | ciaranmcguinne1



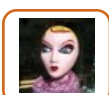
@MHchat Often stigmatised people feel unable to challenge #stigma - They are doing sth useful, we have to let them know. #MHchat

16-Jan-13 20:48 | DennyDew



@child_family_ny Yes - often compounded by well-meaning family members' efforts to convince someone that they "need" treatment. #mhchat

16-Jan-13 20:48 | Skillful_steps



@MHchat I think when people can share and as others have said, ppl learn by actual contact and experience.support not stereotypes really.

16-Jan-13 20:49 | tellmeaboutsw



@caffhan there is, I come across it still, but I have also met lots of great people. It's the people that count. #mhchat

16-Jan-13 20:49 | BPDFFS



RT @nurse_w_glasses: Every CMHT should teach about Mhealth at local schools, with clients , to reduce stigma & to let young ppl know that theres help #mhchat

16-Jan-13 20:49 | quirkygrump



@MHchat #MHChat Q5. In my case, I have to learn to stick up for myself & not be embarrassed.

16-Jan-13 20:49 | supportfibro



#MHchat re q5 I'm not sure if stigma can change without efforts from within psychiatric community. Look at rows over recent changes to DSM

16-Jan-13 20:49 | BecciCath



@alina_s_w @Motiv8edSupport Why would that person *want* contact ? He / she *knows* what he / she thinks - circular argument. #mhchat ->

16-Jan-13 20:49 | THEAGENTAPSLEY



#mhchat talking more, sharing stories, be positive and educate

16-Jan-13 20:49 | changeleeds



@KimmoBug @MHchat I agree. The more we speak openly and even publicly about it, the more we can defeat stigma. #mhchat

16-Jan-13 20:49 | meldearden



RT @AlysColeKing: @VictoriaBetton @mhchat @dennydew #mhchat Agree! Connecting with People training teaches all sectors NHS etc how to co-create & instil hope

16-Jan-13 20:49 | DrSabinaDosani



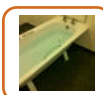
We have 8 empowering groups at our clinic. I can refer people to the coordinator & tell them nothing except that they r interested #mhchat

16-Jan-13 20:50 | nurse_w_glasses



Question 6: Does the disclosure of mental illness help in diminishing the experience of #stigma? #MHchat

16-Jan-13 20:50 | MHchat



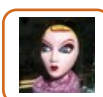
Q5: Often, stigmatised people feel unable to challenge stigma. So how can stigma be challenged and changed? (Catch up) #mhchat

16-Jan-13 20:50 | Sectioned_



@JayneLife would be nice to say 'all MH is important, services for all' bit like taking car for an MOT. More normalising. #mhchat

16-Jan-13 20:50 | academiablues



@Steven_Coles_ @nurse_w_glasses #MHchat but surely it could be an exploration/workshop environment-part of good mh=knowing about u

16-Jan-13 20:50 | tellmeaboutsw



RT @RewardConsent: #Stigma comes straight from the U.S. federal government. They still call us "mental defectives." <http://t.co/aJiphRTz> #mhchat

16-Jan-13 20:50 | lanceraey



RT @nurse_w_glasses: Every CMHT should teach about Mhealth at local schools, with clients , to reduce stigma & to let young ppl know that theres help #mhchat

16-Jan-13 20:50 | Motiv8edSupport



RT @KimmoBug: @MHchat Let's make a stand! I have found the best therapy is by using my illness as a POSITIVE. We can change this if we talk more. #mhchat

16-Jan-13 20:50 | puffindiaries



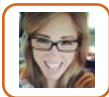
@VictoriaBetton @mhchat @dennydew #mhchat @sabinadosani The 'Feeling overwhelmed and staying safe' resource is to empower people to make own

16-Jan-13 20:51 | AlysColeKing



@Sectioned_ #mhchat self-stigma is related to low self esteem that predisposes to mental illness episodes and perpetuated by stigma. #mhchat

16-Jan-13 20:51 | DrSabinaDosani



RT @pugsfaithfully: @MHchat #MHChat One can start with psycho-education and awareness campaigns at school level?

16-Jan-13 20:51 | hsumpter_MSW



RT @AlysColeKing: @MHchat #MHchat Self stigma related 2 society & related to shame. Reason people do not admit to themselves need/deserve help or seek support

16-Jan-13 20:51 | MHchat



@MHchat #MHchat No i think it makes people just more wary of you

16-Jan-13 20:51 | MumsVoice



RT @ProfSocialWork: @changeleeds the lack of understanding empathy #mhchat important to think beyond self & think about other people's feelings&challenges 1/2

16-Jan-13 20:51 | DrSabinaDosani



RT @MHchat: Question 6: Does the disclosure of mental illness help in diminishing the experience of #stigma? #MHchat

16-Jan-13 20:51 | ProfSocialWork



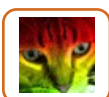
RT @THEAGENTAPSLEY: @MHchat At root, believing that you and your life are different, because hospitals don't treat patients as people, just nuisances to drug up

16-Jan-13 20:51 | MHchat



@Sectioned_: Self-stigma is when you feel wrong for suffering instead of deserving healing. #MHchat

16-Jan-13 20:51 | DennyDew



@MHchat need tv shows to work with mh organisation to portray correctly - can they approach the writers ?

16-Jan-13 20:51 | Chocolate_Girly



@alina_s_w @MHchat interesting...in physical health there can be acceptable and unacceptable diagnoses. Same in MH? #mhchat

16-Jan-13 20:51 | academiablues



@THEAGENTAPSLEY @Motiv8edSupport #MHChat but I understand what u are saying, at the end of day a person has to want to change their attitude

16-Jan-13 20:51 | alina_s_w



@ProfSocialWork It might be harmful. #MHchat

16-Jan-13 20:52 | DennyDew



@nurse_w_glasses know it's well meant, but an empowering group might make people cringe (blushes) #mhchat

16-Jan-13 20:52 | DrSabinaDosani



@Skillful_steps @child_family_ny #mhchat Which, in itself, can arise from unacknowledged stigma / stereotyping by the family members.

16-Jan-13 20:52 | THEAGENTAPSLEY



RT @KimmoBug @MHchat Let's make a stand! I found best therapy is by using my illness as POSITIVE. We can change this if we talk more.#mhchat

16-Jan-13 20:52 | MHchat



We provide support & spread #eatingdisorder awareness online. #StaffordshireHour #YorkshireHour #NorthWestHour #NorthWestHour #MHChat

16-Jan-13 20:52 | _TeamRecovery



RT @MHchat: Question 6: Does the disclosure of mental illness help in diminishing the experience of #stigma? #MHchat

16-Jan-13 20:52 | KimmoBug



RT @Skillful_steps: @purmj @mhchat @drsabinadosani @supportfibro Yes further complicated by the fact that chron illness in womn presents w less spec sx #mhchat

16-Jan-13 20:52 | MHchat



@MHchat Q6: think it can have an opposite effect & can result in more trauma+upset. It does depend on who disclosure is made to tho #mhchat

16-Jan-13 20:52 | ProfSocialWork



@DrSabinaDosani @MHchat @VictoriaBetton @DennyDew #mhchat 'Feeling overwhelmed' online & leaflets with safety planning <http://t.co/PXqbUNJx>

16-Jan-13 20:53 | AlysColeKing



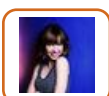
RT @ProfSocialWork: @MHchat Q6: think it can have an opposite effect & can result in more trauma+upset. It does depend on who disclosure is made to tho #mhchat

16-Jan-13 20:53 | Canadian_Jai



#MHchat we all feel ashamed of not living up to unrealistic societal expectations - what is considered normal has become unachievable

16-Jan-13 20:53 | Steven_Coles_



#mhchat is trending AGAIN! woohoo! :)

16-Jan-13 20:53 | KimmoBug



@elope_ @MHchat a prisoner's uniform. Scared to shred it to pieces as you'll be revealed naked to all. #mhchat #shame

16-Jan-13 20:53 | MHchat



@DennyDew @Sectioned_ hands up who has had mental illness (by whatever definition) & felt they 'deserved healing'? [Mine's down] #mhchat

16-Jan-13 20:53 | DrSabinaDosani



RT @maggieseed: @Sectioned_ how about prejudice=stigma? #mhchat

16-Jan-13 20:53 | THEAGENTAPSLEY



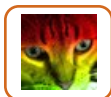
RT @THEAGENTAPSLEY: @Skillful_steps @child_family_ny #mhchat Which, in itself, can arise from unacknowledged stigma / stereotyping by the family members.

16-Jan-13 20:53 | Skillful_steps



@KimmoBug @MHchat I totally agree. I look at the positive things my illness has brought to me. Don't stigmatise yourself, others will follow

16-Jan-13 20:53 | puffindiaries



@mhchat #MHchat even Stacey. Eastenders gave her this silly habit of twitching her head and rubbing her shoulder what the hell was that !!

16-Jan-13 20:53 | Chocolate_Girly



@academiablues @MHchat I believe so. Depression receives less press time & "hoorah" vs. Schizophrenia, portrayed as killers. #MHchat

16-Jan-13 20:53 | alina_s_w



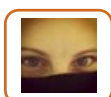
RT @AlysColeKing: @DrSabinaDosani @MHchat @VictoriaBetton @DennyDew #mhchat 'Feeling overwhelmed' online & leaflets with safety planning <http://t.co/PXqbUNJx>

16-Jan-13 20:53 | DrSabinaDosani



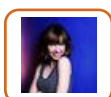
@MHchat disclosure esp at work can have a negative effect. & the lable of #mentalhealth can be used in such a way to discriminate #mhchat

16-Jan-13 20:53 | ProfSocialWork



RT @Chocolate_Girly: @MHchat #MHchat we need tv to show it in a positive light. Tv shows convey all mh issues as humour. Take jean on eastenders for example

16-Jan-13 20:54 | Canadian_Jai



@ProfSocialWork @MHchat Agreed. Employers are more wary I think personally. #mhchat

16-Jan-13 20:54 | KimmoBug



RT @Sectioned_: So I'm going with the definition of stigma as negative assumptions; & discrimination as acting on those negative assumptions. #mhchat

16-Jan-13 20:54 | MHchat



I use to say that my depression has been a gift. @MHchat Lets make a stand! I found best therapy is by using my illness as POSITIVE. #MHchat

16-Jan-13 20:54 | DennyDew



RT @alina_s_w: @academiablues @MHchat I believe so. Depression receives less press time & "hoorah" vs. Schizophrenia, portrayed as killers. #MHchat

16-Jan-13 20:54 | academiablues



#mhchat would like to see early intervention available and not just crisis firefighting.

16-Jan-13 20:54 | pumpster76



@AlysColeKing @MHchat @VictoriaBetton @DennyDew her stuff is just amazing. We didn't know each other, but Alys is simply amazing #mhchat

16-Jan-13 20:54 | DrSabinaDosani



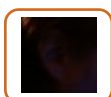
RT @_TeamRecovery: We provide support & spread #eatingdisorder awareness online. #StaffordshireHour #YorkshireHour #NorthWestHour #NorthWestHour #MHChat

16-Jan-13 20:54 | WA_Accountants



RT @MHchat: RT @ciaranmcguinne1 @MHchat #Mentalhealth diagnosis may = stigma, but it is society that is responsible for stigma. Not diagnosis. #mhchat

16-Jan-13 20:54 | lanceracey



@MHchat #mentalhealth #Stigma self stigma comes from the generalised negative societal beliefs an individual has about a diagnosis for eg?

16-Jan-13 20:54 | HVGLEEDS



@DrSabinaDosani @MHchat @VictoriaBetton @DennyDew #mhchat Thanks for your support of CwP: focus on compassion/collaboration & evidence base

16-Jan-13 20:54 | AlysColeKing



#mhchat i read a good critique of reducing stigma on tumblr will look for it.

16-Jan-13 20:55 | fyeahMadPride



#mhchat I once broke my arm but was told I could not be in that much pain, as they saw me with MH issues, cause we do not feel pain

16-Jan-13 20:55 | changeleeds



RT @JayneLife: @Canadian_Jai @BecciCath @MHchat Shame parents have to fight for a 'labelled' diagnosis of their child's needs to receive support #mhchat

16-Jan-13 20:55 | Canadian_Jai



@mhchat #MHchat and then ian ! How many people do you know who turn into a hairy tramp ?!! Writers should be ashamed & made to correct this!

16-Jan-13 20:55 | Chocolate_Girly



@MHchat For me the disclosure of my illness diminished my experience of #stigma. I think it was an integral step in my recovery. #mhchat

16-Jan-13 20:55 | meldearden



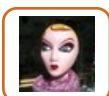
RT @anxfreechild: @ASTTT_Book @stephenfry @M_H_Works @afspnational @WicklowLsp @alisonaudience @Dodgingsuicide @CampaignLoud @MHchat @bloggingmental @FF4P TY!

16-Jan-13 20:55 | FF4P



@ProfSocialWork @MHchat Am I really the only person on the twitter-village with a positive experience? #mhchat

16-Jan-13 20:55 | DrSabinaDosani



@ProfSocialWork @mhchat agreed - fallout of disclosure when expectation of positive outcome is dashed= greater reluctance to share again

16-Jan-13 20:55 | tellmeaboutsw



@DennyDew @MHchat really agree with that #mhchat yes lets make a stand. 1/2

16-Jan-13 20:55 | ProfSocialWork



RT @alina_s_w: @academiablues @MHchat I believe so. Depression receives less press time & "hoorah" vs. Schizophrenia, portrayed as killers. #MHchat

16-Jan-13 20:55 | THEAGENTAPSLEY



@MHchat By reflecting on our own distress and breaking down the us and them barriers. Start with self. Stop medicalising human distress.

16-Jan-13 20:56 | liljadewadey



RT @DennyDew: I use to say that my depression has been a gift. @MHchat Lets make a stand! I found best therapy is by using my illness as POSITIVE. #MHchat

16-Jan-13 20:56 | MHchat



@ProfSocialWork @MHchat #MHchat, agreed definitely depends on target audience. I found for anxiety dis, it helps greatly. esp social phobia

16-Jan-13 20:56 | alina_s_w



RT @child_family_ny: @Skillful_steps: Great point about family pressure backfiring. Another glitch is that our culture values autonomy & independence. #MHChat

16-Jan-13 20:56 | DrSabinaDosani



RT @Steven_Coles_: #MHchat we all feel ashamed of not living up to unrealistic societal expectations - what is considered normal has become unachievable

16-Jan-13 20:56 | DrSabinaDosani



I'm out for tonight, but really enjoyed my first #MHchat :-)

16-Jan-13 20:56 | academiablues



@MHchat I think disclosure by famous, accomplished people can make a difference in the underlying assumption the MI blocks success. #mhchat

16-Jan-13 20:56 | Skillful_steps



@liljadeywadey @MHchat psychological formulation as antidote to the position of psychiatric diagnosis. There's meaning in madness! #MHchat

16-Jan-13 20:56 | MHchat



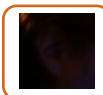
@MHchat I guess you're kinda busy :)

16-Jan-13 20:56 | Sectioned_



@DrSabinaDosani @ProfSocialWork @MHchat #MHchat, I told you you were unique :P :)

16-Jan-13 20:56 | alina_s_w



@MHchat #mentalhealth #Stigma disclosure may help but it can be risky in today's society?

16-Jan-13 20:56 | HVGLEEDS



@pumpster76 yes, i really agree with this but with the gov cut i think service delievery is going the other way #mhchat

16-Jan-13 20:57 | ProfSocialWork



@meldearden @MHchat this was exactly my experience, both years ago as a patient and latterly as a professional #mhchat

16-Jan-13 20:57 | DrSabinaDosani



@DrSabinaDosani @MHchat @VictoriaBetton @DennyDew #mhchat thx for support - we are witnessing start of social movt- real appetite for change

16-Jan-13 20:57 | AlysColeKing



@ProfSocialWork @MHchat #mhcnhat I agree !

16-Jan-13 20:57 | THEAGENTAPSLEY



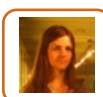
RT @ProfSocialWork: @MHchat Q6: think it can have an opposite effect & can result in more trauma+upset. It does depend on who disclosure is made to tho #mhchat

16-Jan-13 20:57 | THEAGENTAPSLEY



#mhchat it was about how organizing around reducing stigma actually reifies the structure of power relations involved. #madpride

16-Jan-13 20:57 | fyeahMadPride



RT @Steven_Coles_: #MHchat we all feel ashamed of not living up to unrealistic societal expectations - what is considered normal has become unachievable

16-Jan-13 20:57 | MarkOneinFour



@Canadian_Jai @Chocolate_Girly: Humor can also minimize and mislead viewers about the nature of mental health problem and their tx. #MHChat

16-Jan-13 20:57 | child_family_ny



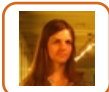
RT @MHchat @liljadeywadey psychological formulation as antidote to the position of psychiatric diagnosis. Theres meaning in madness! #MHchat

16-Jan-13 20:57 | DennyDew



@academiablues MHchat Nice having you!

16-Jan-13 20:58 | alina_s_w



@drsabinadosani @Steven_Coles_ Or alternatively what is considered normal is not what suits us and who we are #mhchat

16-Jan-13 20:58 | MarkOneinFour



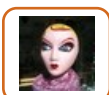
@DrSabinaDosani @ProfSocialWork @MHchat My hb is open about his schizophrenia to colleagues and had only good experiences #mhchat

16-Jan-13 20:58 | nurse_w_glasses



@alina_s_w @ProfSocialWork @MHchat bless you, made me smile. We are all niqure but our distress crosses unthinkable boundaries. #mhchat

16-Jan-13 20:58 | DrSabinaDosani



@DrSabinaDosani @profsocialwork @mhchat nope!know of quite few ppl who've disclosed and had positive experience:change in working hours etc

16-Jan-13 20:58 | tellmeaboutsw



@ProfSocialWork @MHchat Personally I wouldn't want to work somewhere that discriminates against #mh and would consider it their loss #mhchat

16-Jan-13 20:58 | meldearden



@Sectioned_ Stigma is a process by which the reaction of others spoils normal identity. (Goffman, 1963) 1/2 #mhchat

16-Jan-13 20:58 | Penfoldio



@DrSabinaDosani @alina_s_w @ProfSocialWork @MHchat I meant, we are all unique, but our distress crosses unthinkable boundaries #mhchat

16-Jan-13 20:58 | DrSabinaDosani



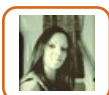
RT @nurse_w_glasses: @DrSabinaDosani @ProfSocialWork @MHchat My hb is open about his schizophrenia to colleagues and had only good experiences #mhchat

16-Jan-13 20:59 | DrSabinaDosani



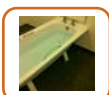
@meldearden @MHchat disclosure is def way forward. But you feel vulnerable letting folk know initially. Now I yell it out #mhchat

16-Jan-13 20:59 | caffhan



@MHchat I think it does, but I think you also have to trust the people around you to be able to do this #MHchat

16-Jan-13 20:59 | Fran_Proctor



We're at the start of a revolution in the way mental illness is viewed in society. Stigma (negative assumptions) is decreasing. #mhchat

16-Jan-13 20:59 | Sectioned_



@child_family_ny Yes & some will "fight like hell" to preserve autonomy, even if they thk treatmt wld help. #mhchat

16-Jan-13 20:59 | Skillful_steps



@nurse_w_glasses @ProfSocialWork @MHchat that's more like it. Good for him. #mhchat

16-Jan-13 20:59 | DrSabinaDosani



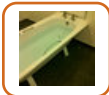
#mhchat ultimately the problem with stigma is the structural prevention of ACCESS to care by stigmatized people. #usa #madpride

16-Jan-13 20:59 | fyeahMadPride



@ProfSocialWork always found the nurses dealing with my daughter to be lovely. The drs not always! #mhchat

16-Jan-13 21:00 | pumpster76



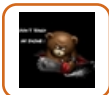
Look at the way MPs spoke up in parliament on 14th June and since. Very welcome. #mhchat

16-Jan-13 21:00 | Sectioned_



RT @caffhan: @meldearden @MHchat disclosure is def way forward. But you feel vulnerable letting folk know initially. Now I yell it out #mhchat

16-Jan-13 21:00 | meldearden



RT @MHchat: TY @VictoriaBetton for intro & Welcome @changeleeds to @MHchat Looking forward to your views Re: #Stigma & #MentalHealth today 8pm @MHchat

16-Jan-13 21:00 | pissedatgovrich



RT @DrSabinaDosani: @DrSabinaDosani @alina_s_w @ProfSocialWork @MHchat I meant, we are all unique, but our distress crosses unthinkable boundaries #mhchat

16-Jan-13 21:00 | alina_s_w



@HealthCulture @changeleeds and that reveals alot in terms of how powerful the psyche is #mhchat

16-Jan-13 21:00 | ProfSocialWork



@HealthCulture @changeleeds the power of emotions & emotional regulation #mhchat

16-Jan-13 21:01 | ProfSocialWork



@MarkOneinFour @DrSabinaDosani @Steven_Coles_ #MHchat Exactly. Its hard 2 live outside of society but social norms not appropriate for many

16-Jan-13 21:01 | HealthCulture



@child_family_ny In other cases, it may b adaptive. The indiv is right not to want to be the "identified patient" for a fam prob. #mhchat

16-Jan-13 21:01 | Skillful_steps



@ProfSocialWork @nurse_w_glasses @MHchat ironically, I've made my career in psychiatry. All due to personal experience in early 90s.#mhchat

16-Jan-13 21:01 | DrSabinaDosani



@DrSabinaDosani @ProfSocialWork @MHchat He can talk @ former delusions w/ a sense of humour, though at the time it was no fun at all #mhchat

16-Jan-13 21:01 | nurse_w_glasses



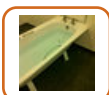
@Sectioned_ This is very true we need more of this #mhchat

16-Jan-13 21:01 | ProfSocialWork



RT @child_family_ny: @Canadian_Jai @Chocolate_Girly: Humor can also minimize and mislead viewers about the nature of mental health problem and their tx. #MHChat

16-Jan-13 21:02 | Canadian_Jai



Look at the way the mental health vote is being courted by the political parties (eg the new mental health task force). We matter. #mhchat

16-Jan-13 21:02 | Sectioned_



@ProfSocialWork @MHchat #mentalhealth #mhchat @DrSabinaDosani I usually advise people to really think of pros & cons..not straightforward..

16-Jan-13 21:02 | AlysColeKing



@drsabinadosani @markoneinfour @mhchat Will answer later - unable now.

16-Jan-13 21:02 | WriteCoachKiki



RT @Sectioned_: So I'm going with the definition of stigma as negative assumptions; & discrimination as acting on those negative assumptions. #mhchat

16-Jan-13 21:02 | lanceracey



@Sectioned_ 2/2 this quote sums up the impact of society on people creating yet greater difference - Goffman every time #mhchat

16-Jan-13 21:02 | Penfoldio



RT @child_family_ny: @Skillful_steps: Great point about family pressure backfiring. Another glitch is that our culture values autonomy & independence. #MHChat

16-Jan-13 21:03 | Canadian_Jai



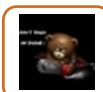
@HealthCulture @MarkOneinFour @DrSabinaDosani In whose interest is it for the majority to feel ashamed of being human? #mhchat

16-Jan-13 21:03 | Steven_Coles_



RT @clipspsychlucy: Read my blog on how formulation can replace diagnosis and banish stigma #MHchat <http://t.co/jUZf6dVk...>

16-Jan-13 21:03 | yobluemama2



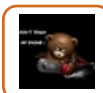
RT @MHchat: Welcome to @MHChat & Great to have you joining us. Today we'll be discussing #Stigma & #MentalHealth #MHChat

16-Jan-13 21:03 | pissedatgovrich



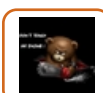
@child_family_ny @Skillful_steps yes very powerful #mentalhealth does not discriminate against anyone. #mhchat

16-Jan-13 21:03 | ProfSocialWork



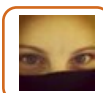
RT @MHchat: There is a general negative image of #MentalHealth difficulty & at times quick stereotyping of individuals. #MHchat

16-Jan-13 21:03 | pissedatgovrich



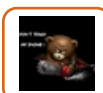
RT @MHchat: & Unfortunately, many people affected by #MentalHealth challenges experience self-stigma. #MHChat

16-Jan-13 21:03 | pissedatgovrich



RT @ProfSocialWork: @MHchat disclosure esp at work can have a negative effect. & the lable of #mentalhealth can be used in such a way to discriminate #mhchat

16-Jan-13 21:03 | Canadian_Jai



RT @MHchat: Given that individual values are formed & conditioned by one's experience & social context. Today we want to explore Stigma. #MHChat

16-Jan-13 21:03 | pissedatgovrich



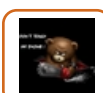
@DrSabinaDosani @nurse_w_glasses @ProfSocialWork @MHchat #mhchat Reflects well on him as person & also his colleagues ..not all so good?

16-Jan-13 21:03 | AlysColeKing



Soon, people without money and power will be able to talk about their experiences of MI without fear of stigma & discrimination. #mhchat

16-Jan-13 21:03 | Sectioned_



RT @MHchat: So our 1st question is: What is stigma? & Wher does it come from? Why do people have stigma in general & MH stigma in particular? #MHchat

16-Jan-13 21:03 | pissedatgovrich



RT @ClinpsychLucy: Read my blog on how formulation can replace diagnosis and banish stigma #MHchat

<http://t.co/5mGgWidT>

16-Jan-13 21:04 | socratext



Researchers have been able to study this phenomenon as #stigma and have begun to examine ways of reducing this stigma. #MHchat

16-Jan-13 21:04 | MHchat



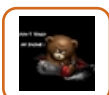
RT @changeleeds: #mhchat I once broke my arm but was told I could not be in that much pain, as they saw me with MH issues, cause we do not feel pain

16-Jan-13 21:04 | lancracey



Public/societal #stigma represents the prejudice and discrimination directed at a group by the larger population. #MHchat

16-Jan-13 21:04 | MHchat



RT @DrSabinaDosani: @MHchat stigma comes from the Greek 'stigmata' meaning signs of disgrace and now can mean any signs that discredit a person. #mhchat

16-Jan-13 21:04 | pissedatgovrich



@MHchat its all about knowledge & experience - you can write all u want but those who make jokes r the ones who will never read this stuff

16-Jan-13 21:04 | Chocolate_Girly



@DrSabinaDosani @meldearden @mhchat Can b imp part of wking skillfully w shame. Imp to make mindful decisions re: who/what to tell #mhchat

16-Jan-13 21:04 | Skillful_steps



Self-stigma occurs when people internalise the societal/public attitudes & suffer its many negative consequences as a result. #MHchat

16-Jan-13 21:04 | MHchat



@DrSabinaDosani @ProfSocialWork @MHchat @Canadian_Jai TY and same to you. Very enlightening for me. #mhchat

16-Jan-13 21:04 | alina_s_w



RT @DrSabinaDosani: @MarkOneinFour @Steven_Coles_ I was always taught by the best experts that normal is just a cycle on the washing machine...#mhchat

16-Jan-13 21:05 | fyeahMadPride



RT @MHchat: Public/societal #stigma represents the prejudice and discrimination directed at a group by the larger population. #MHchat

16-Jan-13 21:05 | DennyDew



RT @MHchat: RT @KimmoBug @MHchat Stigma is a lack of education. We aren't taught abt #mentalhealth at school, so we grow up knowing no different.#mhchat

16-Jan-13 21:05 | pissedatgovrich



RT @child_family_ny: @Skillful_Steps: Disclosure by well-known people can be extremely powerful e.g., Keith Urban, Catherine Zeta Jones... #MHChat

16-Jan-13 21:05 | fyeahMadPride



Therefore, it seems that negative stereotypes are at the root of #stigma. But what is stereotype? #MHchat

16-Jan-13 21:05 | MHchat



@DrSabinaDosani @MarkOneinFour @Steven_Coles_ #mhchat Will borrow quote! Mine was much more boring 'No such thing as normal' - prefer yours!

16-Jan-13 21:05 | AlysColeKing



If you missed the mental health chat tonight, you can catch up with all the action using the hashtag. #mhchat

16-Jan-13 21:06 | Sectioned_



Do we all use/apply stereotypes? Is stereotype just an idea about something or even about ourselves? What is stereotype? #MHchat

16-Jan-13 21:06 | MHchat



RT @Sectioned_ : Look at the way the mental health vote is being courted by the political parties (eg the new mental health task force). We matter. #mhchat

16-Jan-13 21:06 | julievale64



@ProfSocialWork @mhchat true. I find discrimination in the workplace frustrating & wrong. Especially in the helping field. #MHChat

16-Jan-13 21:06 | Canadian_Jai



#mhchat ultimately the problem with stigma is the structural prevention of ACCESS to care for* stigmatized people. #usa #madpride *grammar?

16-Jan-13 21:06 | fyeahMadPride



@alina_s_w @DrSabinaDosani @MarkOneinFour Shame keep us isolated we need to have the courage to share our vulnerability #mhchat

16-Jan-13 21:06 | Steven_Coles_



@DennyDew @mhchat Appropriated from the blog of the amazing @clipspsychlucy

16-Jan-13 21:06 | liljadeywadey



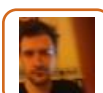
RT @child_family_ny: @Skillful_Steps: Certainly being the symptom bearer for a family is a terrible position to be in. #MHChat

16-Jan-13 21:06 | ProfSocialWork



We'll discuss those & other relevant questions next week when we'll discuss #Stereotype & identity. #MHchat

16-Jan-13 21:06 | MHchat



@MHchat to challenge stigma and self stigma we need to change society...one factor in this is changing media attitudes and portrayal of mh!

16-Jan-13 21:06 | BennettGD



By educating young clinicians and learning from patients/families, McLean aims to better understand mental illness + reduce stigma #mhchat

16-Jan-13 21:07 | McLeanHospital



Is #mental illness stereotyped? & are media & politicians stereotyping mental illness? Join us next Week & share your views@MHchat #MHchat

16-Jan-13 21:07 | MHchat



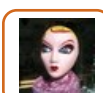
Is #mental illness stereotyped? & are media & politicians stereotyping mental illness? Join us next Week & share your views @MHchat #MHchat

16-Jan-13 21:07 | MHchat



@ProfSocialWork @Skillful_Steps: Many people are have vulnerabilities to mh problems that get revealed at some pt in the lifespan. #MHChat

16-Jan-13 21:07 | child_family_ny



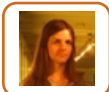
@MHchat we always try to reduce complex to most obvious parts; but reduces understanding & loses meaning (&relationship to truth) over time

16-Jan-13 21:07 | tellmeaboutsw



@nurse_w_glasses @DrSabinaDosani @ProfSocialWork @MHchat #mhchat Sounds brilliant - v powerful!
Support from people we trust & value=gold!

16-Jan-13 21:08 | AlysColeKing



@Steven_Coles_ @alina_s_w @DrSabinaDosani I'm all vulnerability handwaved with a bit of bluster #mhchat

16-Jan-13 21:08 | MarkOneinFour



@HealthCulture @MarkOneinFour @DrSabinaDosani Live in a consumerist society which creates a sense of emptiness we need to fill #mhchat

16-Jan-13 21:08 | Steven_Coles_



RT @McLeanHospital: By educating young clinicians and learning from patients/families, McLean aims to better understand mental illness + reduce stigma #mhchat

16-Jan-13 21:08 | ASi_LLC



RT @AmandaGreenUK: #Freebooks #kindlebook of my true story is #FREE today worldwide #MH #MHUK
#MHSM #MI #MHchat <http://t.co/b871e5pQ> UK <http://t.co/cM6R3g63>

16-Jan-13 21:08 | nurse_w_glasses



For instance we'll ask: Is stigma related to our beliefs? Example self-belief or systems that propose self-sufficiency? #MHchat

16-Jan-13 21:08 | MHchat



@MHchat Stereotype is to hurry to define sth we don't know without taking the time to know it deeply. #MHchat

16-Jan-13 21:08 | DennyDew



@MHchat #MHchat for me stereotype is simply a means of finding explanations for what occurs in the world and establishing formulas for it.

16-Jan-13 21:08 | alina_s_w



@MHchat difficult question but everyone uses stereotypes! Is normal day to day stuff but if becomes prejudiced or negative then wrong!

16-Jan-13 21:08 | JaneLyon123



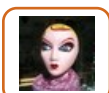
RT @MHchat: We'll also discuss the relation between bias, stereotype, & #stigma. @MHchat next week
Wednesday 8:00 PM GMT / 3:00 PM EST #MHchat

16-Jan-13 21:08 | Fractalcat



@ProfSocialWork #MHchat Here's an article on that:
Why words are as painful as sticks and stones <http://t.co/V1jzJZ0u>

16-Jan-13 21:08 | HealthCulture



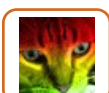
#MHchat much food for thought; thanks for great chat everyone :)

16-Jan-13 21:08 | tellmeaboutsw



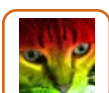
@Canadian_Jai @MHchat agree & discrimination sometimes does happen in these sectors+abuse #mhchat 1/2

16-Jan-13 21:08 | ProfSocialWork



RT @MHchat: We'll also discuss the relation between bias, stereotype, & #stigma. @MHchat next week
Wednesday 8:00 PM GMT / 3:00 PM EST #MHchat

16-Jan-13 21:08 | Chocolate_Girly



RT @MHchat: Is #mental illness stereotyped? & are media & politicians stereotyping mental illness? Join us next
Week & share your views @MHchat #MHchat

16-Jan-13 21:08 | Chocolate_Girly



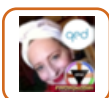
@Canadian_Jai @MHchat think it is strongly related to misuse of power #mhchat 2/2 have u seen some of the UK coverage on this in 2012?

16-Jan-13 21:09 | ProfSocialWork



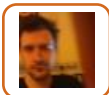
Thank you for joining & sharing your views @MHchat. Join us next week Wednesday to discuss #Stereotypes & Identity #MHchat #MentalHealth

16-Jan-13 21:09 | MHchat



RT @MHchat: Thank you for joining & sharing your views @MHchat. Join us next week Wednesday to discuss #Stereotypes & Identity #MHchat #MentalHealth

16-Jan-13 21:09 | living_as_if



@MHchat I'll dig out my dissertation, it was all about mh stigma/self-stigma and the impact on individuals with mh difficulties!

16-Jan-13 21:09 | BennettGD



Very informative and enlightening chat. Sorry I couldn't be fully apart of it. I've got 4 little monkeys crawling all over me! #MHChat

16-Jan-13 21:10 | Canadian_Jai



@changeleeds wouldn't that be great. Never say how I really feel. #stigma #mhchat

16-Jan-13 21:10 | caffhan



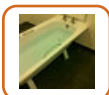
RT @Steven_Coles_: @HealthCulture @MarkOneinFour @DrSabinaDosani Live in a consumerist society which creates a sense of emptiness we need to fill #mhchat

16-Jan-13 21:10 | ProfSocialWork



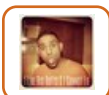
RT @MHchat: Thank you for joining & sharing your views @MHchat. Join us next week Wednesday to discuss #Stereotypes & Identity #MHchat #MentalHealth

16-Jan-13 21:10 | nurse_w_glasses



Next week's mental health chat is same time, same place - 8pm, your computer or smartphone - on the subject of stereotyping. #mhchat

16-Jan-13 21:10 | Sectioned_



RT @Sectioned_: Soon, people without money and power will be able to talk about their experiences of MI without fear of stigma & discrimination. #mhchat

16-Jan-13 21:10 | JazzTehara



@MHchat thanks to you.

16-Jan-13 21:10 | caffhan



@ProfSocialWork hmm i don't know if i have a program. i have a link to my blog though! <http://t.co/H8v6OT9i> #mhchat

16-Jan-13 21:10 | fyeahMadPride



@Steven_Coles_ @MarkOneinFour @DrSabinaDosani #MHchat How can we find alternatives? That is a question worth exploring

16-Jan-13 21:10 | HealthCulture



A football player was released by his club today & labelled fat. Admits to Mental health issues, now he's labelled waster. #stigma #mhchat

16-Jan-13 21:10 | T_madpony_G



RT @HealthCulture: @ProfSocialWork #MHchat Here's an article on that: Why words are as painful as sticks and stones <http://t.co/V1jzJZ0u>

16-Jan-13 21:10 | ProfSocialWork



RT @child_family_ny: @Skillful_Steps: Certainly being the symptom bearer for a family is a terrible position to be in. #MHChat

16-Jan-13 21:11 | Chocolate_Girly



RT @Steven_Coles_: #MHchat we all feel ashamed of not living up to unrealistic societal expectations - what is considered normal has become unachievable

16-Jan-13 21:11 | MHchat



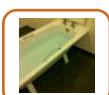
RT @Sectioned_: If you missed the mental health chat tonight, you can catch up with all the action using the hashtag. #mhchat

16-Jan-13 21:11 | kevwyke



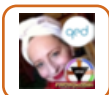
@caffhan #MHchat yes to feel comfortable about sharing

16-Jan-13 21:12 | changeleeds



I'm going to add "stigma" to my mental health jargon buster. Or is it only me who struggles with understanding the concept? #mhchat

16-Jan-13 21:12 | Sectioned_



RT @Sectioned_: I'm going to add "stigma" to my mental health jargon buster. Or is it only me who struggles with understanding the concept? #mhchat

16-Jan-13 21:12 | living_as_if



@AlysColeKing @MHchat self stigma related 2 shame, anger. self loathing! root cause societies attitude, propaganda and our own paranoia!

16-Jan-13 21:12 | stuckinscared



#mhchat first time found it very interesting thanks

16-Jan-13 21:12 | changeleeds



RT @MHchat: Is #mental illness stereotyped? & are media & politicians stereotyping mental illness? Join us next Week & share your views@MHchat #MHchat

16-Jan-13 21:12 | fyeahMadPride



@AlysColeKing @nurse_w_glasses @DrSabinaDosani @MHchat thats what life is all about at the end of the day #mhchat

16-Jan-13 21:13 | ProfSocialWork



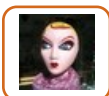
RT @MHchat: We'll also discuss the relation between bias, stereotype, & #stigma. @MHchat next week Wednesday 8:00 PM GMT / 3:00 PM EST #MHchat

16-Jan-13 21:13 | fyeahMadPride



RT @MHchat: Is #mental illness stereotyped? & are media & politicians stereotyping mental illness? Join us next Week & share your views @MHchat #MHchat

16-Jan-13 21:13 | TruehopeEmpower



@Sectioned_ @mhchat I am just getting used to twitter chats too! I can never keep up.

16-Jan-13 21:13 | tellmeaboutsw



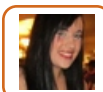
@DennyDew @MHchat Well done Denny)

16-Jan-13 21:13 | caffhan



RT @DrSabinaDosani I was always taught by the best experts that normal is just a cycle on the washing machine. #mhchat #MentalHealth #Stigma

16-Jan-13 21:13 | MHchat



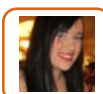
RT @Sectioned_: Look at the way those in the public eye, such as celebs, are feeling more able to speak out about experiences of mental illness. #mhchat

16-Jan-13 21:14 | RoxieParkinsBSc



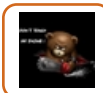
@MHchat thank you so much for hosting! appreciate the next topic bc i am in U.S. & the mental illness/gun control discussion is huge #mhchat

16-Jan-13 21:14 | fyeahMadPride



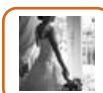
RT @Sectioned_: Soon, people without money and power will be able to talk about their experiences of MI without fear of stigma & discrimination. #mhchat

16-Jan-13 21:14 | RoxieParkinsBSc



RT @MHchat: Is #mental illness stereotyped? & are media & politicians stereotyping mental illness? Join us next Week & share your views@MHchat #MHchat

16-Jan-13 21:14 | pissedatgovrich



Just being curious, does #Stigma result in inadequate coverage for mental illness? @MHchat #MHChat

16-Jan-13 21:15 | alina_s_w



RT @MHchat: RT @DrSabinaDosani I was always taught by the best experts that normal is just a cycle on the washing machine. #mhchat #MentalHealth #Stigma

16-Jan-13 21:15 | liljadeywadey



RT @MHchat: RT @DrSabinaDosani I was always taught by the best experts that normal is just a cycle on the washing machine. #mhchat #MentalHealth #Stigma

16-Jan-13 21:15 | T_madpony_G



RT @tellmeaboutsw: @MHchat we always try to reduce complex to most obvious parts; but reduces understanding & loses meaning (&relationship to truth) over time

16-Jan-13 21:15 | MHchat



RT @MHchat: Self-stigma occurs when people internalise the societal/public attitudes & suffer its many negative consequences as a result. #MHchat

16-Jan-13 21:15 | pissedatgovrich



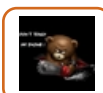
RT @child_family_ny: @ProfSocialWork @Skillful_Steps: Many people are have vulnerabilities to mh problems that get revealed at some pt in the lifespan. #MHChat

16-Jan-13 21:15 | MHchat



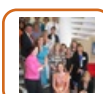
RT @MHchat: RT @Steven_Coles_ Shame keep us isolated we need to have the courage to share our vulnerability #mhchat #mentalhealth #stigma @MHchat

16-Jan-13 21:15 | fyeahMadPride



RT @MHchat: People with mental illness have long experienced prejudice and discrimination. #MHchat

16-Jan-13 21:15 | pissedatgovrich



RT @nurse_w_glasses: 1st step is teaching about mental health at schools. No problem for 14-15 yo to understand it. My 8 year old knows a lot already #mhchat

16-Jan-13 21:15 | ACCNUK



RT @MHchat: RT @Steven_Coles_ Shame keep us isolated we need to have the courage to share our vulnerability #mhchat #mentalhealth #stigma @MHchat

16-Jan-13 21:15 | evgone



RT @RewardConsent: #Stigma comes straight from the U.S. federal government. They still call us "mental defectives." <http://t.co/aJiphRTz> #mhchat

16-Jan-13 21:16 | LeighBhatt



@AlysColeKing @DrSabinaDosani @ProfSocialWork @MHchat He understands their fear & confusion and is best of all at calming them down #mhchat

16-Jan-13 21:16 | nurse_w_glasses



@DrSabinaDosani @MarkOneinFour @Steven_Coles_ best tweet #mhchat

16-Jan-13 21:16 | ProfSocialWork



@Sectioned_ #MHchat No, not just you. It's a very rich concept

16-Jan-13 21:16 | HealthCulture



RT @tellmeaboutsw: @MHchat we always try to reduce complex to most obvious parts; but reduces understanding & loses meaning (&relationship to truth) over time

16-Jan-13 21:17 | psychwatch2



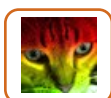
@tellmeaboutsw @mhchat Exactly! Well put!

16-Jan-13 21:17 | liljadeywadey



RT @T_madpony_G: A football player was released by his club today & labelled fat. Admits to Mental health issues, now he's labelled waster. #stigma #mhchat

16-Jan-13 21:17 | MHchat



@Steven_Coles_ @mhchat what is norm? mh issues r norm! Its those who dont react naturally 2 life events etc who are hiding feelings #MHchat

16-Jan-13 21:17 | Chocolate_Girly



RT @child_family_ny: @MHChat: Thanks to you for facilitating another interesting discussion! #MHChat

16-Jan-13 21:17 | MHchat



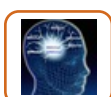
@DrSabinaDosani @nurse_w_glasses @MHchat have you written about it somewhere? #mhchat

16-Jan-13 21:17 | ProfSocialWork



RT @DrSabinaDosani: @DrSabinaDosani @alina_s_w @ProfSocialWork @MHchat @Canadian_Jai thanks so much for excellent #stigma chats. See you next time #mhchat

16-Jan-13 21:17 | ProfSocialWork



@child_family_ny & Thank you for joining & sharing your views. Look forward to your participation next week Re: Stereotypes @MHchat #MHchat

16-Jan-13 21:18 | MHchat



RT @DrSabinaDosani: @MarkOneinFour @Steven_Coles_ I was always taught by the best experts that normal is just a cycle on the washing machine...#mhchat

16-Jan-13 21:18 | alina_s_w



RT @VictoriaBetton: Has your NHS Trust got a social media policy? My new post #nhssm #mhchat for tomorrow's #wenurses chat 8 pm <http://t.co/0s39VZOO>

16-Jan-13 21:18 | Gemma_Finnegan



RT @Sectioned_: Thanks for @MHchat for hosting - though I felt a bit lost in a sea of jargon. Think I'll need to prepare in advance next time! #mhchat

16-Jan-13 21:18 | MHchat



RT @Sectioned_: If you missed the mental health chat tonight, you can catch up with all the action using the hashtag. #mhchat

16-Jan-13 21:18 | Damo_SW



RT @MHchat: Thank you for joining & sharing your views @MHchat. Join us next week Wednesday to discuss #Stereotypes & Identity #MHchat #MentalHealth

16-Jan-13 21:19 | HealthCulture



#MHChat Wife's just told me guy caught stealing at her works and when detained shouting I've got mental health issues. This creates stigma??

16-Jan-13 21:19 | Motiv8edSupport



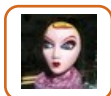
RT @Sectioned_ : Look at the way those in the public eye, such as celebs, are feeling more able to speak out about experiences of mental illness. #mhchat

16-Jan-13 21:19 | Im_inrecovery



@DennyDew Welcome & thank you for joining @MHchat Look forward to seeing you next week @MHchat #MHchat

16-Jan-13 21:19 | MHchat



RT @DennyDew: @MHchat Stereotype is to hurry to define sth we don't know without taking the time to know it deeply. #MHchat

16-Jan-13 21:20 | tellmeaboutsw



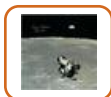
RT @stuckinscared @MHchat self stigma related 2 shame, anger. self loathing! root cause societies attitude, propaganda and our own paranoia!

16-Jan-13 21:20 | MHchat



@DennyDew @MHchat #MHchat Nice having you!

16-Jan-13 21:20 | alina_s_w



RT @VictoriaBetton: Has your NHS Trust got a social media policy? My new post #nhssm #mhchat for tomorrow's #wenurses chat 8 pm <http://t.co/0s39VZOO>

16-Jan-13 21:21 | MrBen_King



@MHchat thanks great chat #mhchat sorry was late see u next week

16-Jan-13 21:21 | ProfSocialWork



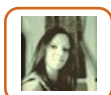
RT @DennyDew: I use to say that my depression has been a gift. @MHchat Lets make a stand! I found best therapy is by using my illness as POSITIVE. #MHchat

16-Jan-13 21:21 | choox75



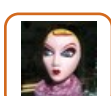
RT @fyehMadPride: @MHchat thank you so much for hosting! appreciate the next topic bc i am in U.S. & the mental illness/gun control discussion is huge #mhchat

16-Jan-13 21:21 | MHchat



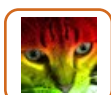
@MHchat first time listening in. Really interesting and informative, very much enjoyed and valued other people's opinions. #MHchat

16-Jan-13 21:21 | Fran_Proctor



@liljadewadey @mhchat thanks! I do try and sometimes I manage it ;)

16-Jan-13 21:21 | tellmeaboutsw



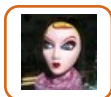
@Steven_Coles_ @mhchat stiff upper lip us brits .. BORING !!!

16-Jan-13 21:21 | Chocolate_Girly



@Sectioned_ @MHchat #MHchat, I emphasize. I've been there before. In no time you would become a pro.

16-Jan-13 21:21 | alina_s_w



@ProfSocialWork @mhchat I was late too - is it terribly bad form?! I was late yesterday too #schooldayrushflashback

16-Jan-13 21:22 | tellmeaboutsw



RT @MHchat: RT @Steven_Coles_ Shame keep us isolated we need to have the courage to share our vulnerability #mhchat #mentalhealth #stigma @MHchat

16-Jan-13 21:22 | alina_s_w



@ProfSocialWork @nurse_w_glasses @DrSabinaDosani @MHchat #mhchat Absolutely agree!!

16-Jan-13 21:22 | AlysColeKing



RT @tellmeaboutsw: @ProfSocialWork @mhchat I was late too - is it terribly bad form?! I was late yesterday too #schooldayrushflashback

16-Jan-13 21:23 | ProfSocialWork



RT @MHchat: For instance we'll ask: Is stigma related to our beliefs? Example self-belief or systems that propose self-sufficiency? #MHchat

16-Jan-13 21:23 | alina_s_w



RT @MHchat: We'll also discuss the relation between bias, stereotype, & #stigma. @MHchat next week Wednesday 8:00 PM GMT / 3:00 PM EST #MHchat

16-Jan-13 21:23 | alina_s_w



RT @alina_s_w Just being curious, does #Stigma result in inadequate coverage for mental illness? @MHchat #MHChat << By its very nature Yes.

16-Jan-13 21:23 | MHchat



RT @MHchat: RT @DrSabinaDosani I was always taught by the best experts that normal is just a cycle on the washing machine. #mhchat #MentalHealth #Stigma

16-Jan-13 21:23 | craigaberdeen



RT @MHchat: Is #mental illness stereotyped? & are media & politicians stereotyping mental illness? Join us next Week & share your views @MHchat #MHchat

16-Jan-13 21:23 | alina_s_w



RT @JayneLife: @Canadian_Jai @BecciCath @MHchat Shame parents have to fight for a 'labelled' diagnosis of their child's needs to receive support #mhchat

16-Jan-13 21:23 | BecciCath



RT @MHchat: Self-stigma occurs when people internalise the societal/public attitudes & suffer its many negative consequences as a result. #MHchat

16-Jan-13 21:23 | alina_s_w



RT @Motiv8edSupport: #MHChat Wife's just told me guy caught stealing at her works and when detained shouting I've got mental health issues. This creates stigma??

16-Jan-13 21:23 | MHchat



@MHchat #mental #MHchat Thanks for great chat!

16-Jan-13 21:23 | AlysColeKing



RT @nurse_w_glasses: Every CMHT should teach about Mhealth at local schools, with clients , to reduce stigma & to let young ppl know that theres help #mhchat

16-Jan-13 21:24 | HannahtheOT



RT @MHchat: RT @alina_s_w Just being curious, does #Stigma result in inadequate coverage for mental illness? @MHchat #MHChat << By its very nature Yes.

16-Jan-13 21:24 | alina_s_w



#mhchat Abused woman in a mental health journal: "I'm not ashamed of the abuse anymore. Now I'm only ashamed of being labeled a borderliner"

16-Jan-13 21:25 | Sigrun_



RT @MHchat: People with mental illness have long experienced prejudice and discrimination. #MHchat

16-Jan-13 21:25 | Katie123124



RT @Sigrun_: #mhchat Abused woman in a mental health journal: "I'm not ashamed of the abuse anymore. Now I'm only ashamed of being labeled a borderliner"

16-Jan-13 21:25 | Steven_Coles_



Next week @MHchat is about #mentalhealth & stereotyping. One for @TTCWales & @TimetoChange? #mhchat #EndStigma

16-Jan-13 21:26 | helrobinson



@Motiv8edSupport It should not, but, unfortunately it does. Reason is rooted in the manner in which we stereotypes. #MHchat

16-Jan-13 21:26 | MHchat



RT @Sigrun_: #mhchat Abused woman in a mental health journal: "I'm not ashamed of the abuse anymore. Now I'm only ashamed of being labeled a borderliner"

16-Jan-13 21:26 | consultinwith



@MHchat Thanks for intro to this weekly discussion. Fascinating reading ~ new tweeter will join nxt time! Inspired and coming back! #mhchat

16-Jan-13 21:26 | VikZenShayla



RT @Pheme2: @Sectioned_ Q6, you can beat the stigma of having a MH disorder once you have understood it and can explain it to others.... #mhchat

16-Jan-13 21:26 | ProfSocialWork



@MHchat #mhchat reminds me of the discussion today. <http://t.co/8p1goHYk>

16-Jan-13 21:26 | alina_s_w



@Sectioned_ #mhchat it doesn't always work in your favour especially relating to employment, but persevere against prejudice and ignorance..

16-Jan-13 21:27 | Pheme2



RT @Fran_Proctor: @MHchat first time listening in. Really interesting and informative, very much enjoyed and valued other people's opinions. #MHchat

16-Jan-13 21:27 | MHchat



RT @alina_s_w: @MHchat #mhchat reminds me of the discussion today. <http://t.co/8p1goHYk>

16-Jan-13 21:27 | ProfSocialWork



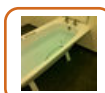
RT @futureb0ys: Stigma is near impossible to beat. Even nurses see PD patient's and detoxing patients as a waste of time #MHChat

16-Jan-13 21:27 | Sigrun_



RT @helrobinson: Next week @MHchat is about #mentalhealth & stereotyping. One for @TTCWales & @TimetoChange? #mhchat #EndStigma

16-Jan-13 21:27 | ProfSocialWork



I think I'm lacking in terminology for tweet chats sometimes: I'm playing catch up with people in the loop who know the right jargon #mhchat

16-Jan-13 21:27 | Sectioned_



so many great tweets and tweeps on thread #mhchat diff to keep up sometimes.. very awesome

16-Jan-13 21:28 | ProfSocialWork



RT @AlysColeKing: @MHchat #mental #MHchat Thanks for great chat!

16-Jan-13 21:29 | MHchat



@ciaranmcguinne1 @MHchat #mhchat Unless they *undo* what was going on in the mid-90s and before, they have a responsibility to those people.

16-Jan-13 21:29 | THEAGENTAPSLEY



@Sectioned_ #mhchat it is a way to clutch at the remnants of self esteem and build something from it. Show the world you are not afraid.

16-Jan-13 21:29 | PHEME2



RT @MHchat: Self-stigma occurs when people internalise the societal/public attitudes & suffer its many negative consequences as a result. #MHchat

16-Jan-13 21:29 | helrobinson



@AlysColeKing Thank you for joining & sharing. Look forward to your views on Stereotype & identity next week. #MHchat

16-Jan-13 21:29 | MHchat



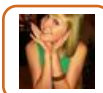
@Sectioned_ your tweets are informative #mhchat

16-Jan-13 21:30 | ProfSocialWork



RT @AmandaGreenUK: #Freebooks #kindlebook of my true story is #FREE today worldwide #MH #MHUK #MHSM #MI #MHchat <http://t.co/b871e5pQ> UK <http://t.co/cM6R3g63>

16-Jan-13 21:30 | landslidegirl



RT @nurse_w_glasses: Every CMHT should teach about Mhealth at local schools, with clients , to reduce stigma & to let young ppl know that theres help #mhchat

16-Jan-13 21:30 | Florenzo24



@supportfibro @Sectioned_ Sorry to hear that. Hope all is well & look forward to seeing you next week @MHchat #MHchat

16-Jan-13 21:30 | MHchat



@VictoriaBetton @MHchat #mhchat It's like looking out for the number 23 - you'll find it everywhere, when it was there all the time... !

16-Jan-13 21:30 | THEAGENTAPSLEY



RT @PHEME2 @Sectioned_ Q6, U can beat the stigma of having a MH disorder once you have understood it & can explain it to others.... #mhchat

16-Jan-13 21:31 | MHchat



@MHchat @InfinitelyVixey @liljadeywadey the shop was full and he was shouting "the police will let me go anyway, I've got mental illness"

16-Jan-13 21:31 | Motiv8edSupport



@MHchat @alina_s_w think its really people being scared of the unknown! Think society changing but is still v hard to b accepted!?!?

16-Jan-13 21:31 | JaneLyon123



Excellent point. Thank you for joining & sharing & see you next week @MHchat discussing Stereotype. #MHchat

16-Jan-13 21:31 | MHchat



RT @VictoriaBetton: Has your NHS Trust got a social media policy? My new post #nhssm #mhchat for tomorrow's #wenurses chat 8 pm <http://t.co/0s39VZOO>

16-Jan-13 21:32 | MHchat



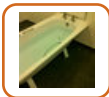
RT @MHchat: People with mental illness have long experienced prejudice and discrimination. #MHchat

16-Jan-13 21:33 | Theonlytait



RT @changeleeds: #mhchat first time found it very interesting thanks

16-Jan-13 21:33 | MHchat



I've started a mental health jargon buster. Please take a look & help me improve it by adding your jargon :) <http://t.co/8U3uD9HO> #mhchat

16-Jan-13 21:34 | Sectioned_



@changeleeds Thank you & see you next week @MHchat discussing Stereotypes & identity #MentalHealth #MHchat

16-Jan-13 21:34 | MHchat



@MHchat @InfinitelyVixey @liljadeywadey I mean adult and kids will have heard that and made an assumption and they will tell some1 else etc

16-Jan-13 21:34 | Motiv8edSupport



RT @claudiamegele: The Initial Field Trials of DSM-5: New Blooms and Old Thorns:<http://t.co/amddLCdC> #MHChat #DSM5 #Psychiatry #Psychology #MentalHealth

16-Jan-13 21:34 | CreativeCrip



@HealthCulture @MarkOneinFour Nope - if you're a scapegoat, you're despised to make everyone else feel better ! #mhchat

16-Jan-13 21:34 | THEAGENTAPSLEY



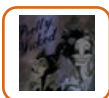
RT @HealthCulture: @MHchat Thank you, Claudia, and all who were here today. Look forward to next week -- another great topic

16-Jan-13 21:35 | MHchat



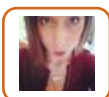
RT @Sectioned_ : I've started a mental health jargon buster. Please take a look & help me improve it by adding your jargon :) <http://t.co/8U3uD9HO> #mhchat

16-Jan-13 21:35 | sarahahpmh



RT @MHchat: Is #mental illness stereotyped? & are media & politicians stereotyping mental illness? Join us next Week & share your views @MHchat #MHchat

16-Jan-13 21:35 | lucy1azevedo



RT @Sectioned_ : I've started a mental health jargon buster. Please take a look & help me improve it by adding your jargon :) <http://t.co/8U3uD9HO> #mhchat

16-Jan-13 21:35 | sarah_robbo



@VictoriaBetton @MarkOneinFour @HealthCulture Absolutely ! #mhchat I gave examples of unmarried mothers (coming back in ?) and cohabiting.

16-Jan-13 21:35 | THEAGENTAPSLEY



@HealthCulture & Thank you Jan as always. Have a lovely week & see you next week @MHchat :-) #MHchat

16-Jan-13 21:35 | MHchat



RT @Sectioned_ : I've started a mental health jargon buster. Please take a look & help me improve it by adding your jargon :) <http://t.co/8U3uD9HO> #mhchat

16-Jan-13 21:35 | Tobe_averb



The body is the gateway <http://t.co/PV3TEJXp> The body is a container, a vessel, a vehicle for the expression of energy. #mhchat

16-Jan-13 21:37 | BeyondMeds



RT @alina_s_w: @DrSabinaDosani @ProfSocialWork @MHchat @Canadian_Jai TY and same to you. Very enlightening for me. #mhchat

16-Jan-13 21:37 | Canadian_Jai



RT @DrSabinaDosani: @DrSabinaDosani @alina_s_w @ProfSocialWork @MHchat @Canadian_Jai thanks so much for excellent #stigma chats. See you next time #mhchat

16-Jan-13 21:37 | Canadian_Jai



@MHchat is still v scary to share with friends and family! Guessing that stigma!:)

16-Jan-13 21:37 | JaneLyon123



RT @MHchat: People with mental illness have long experienced prejudice and discrimination. #MHchat

16-Jan-13 21:37 | JoeShrink



RT @VictoriaBetton: @DrSabinaDosani @mhchat @writecoachkiki @markoneinfour most effective method of challenging stigma is direct contact on equal terms #mhchat

16-Jan-13 21:37 | THEAGENTAPSLEY



@VictoriaBetton @DrSabinaDosani @MHchat @WriteCoachKiki @MarkOneinFour Yes, I believe so.

16-Jan-13 21:37 | THEAGENTAPSLEY



RT @claudiamegele: The Initial Field Trials of DSM-5: New Blooms and Old Thorns:<http://t.co/amddLCdC> #MHChat #DSM5 #Psychiatry #Psychology #MentalHealth

16-Jan-13 21:38 | OccupyDisabled



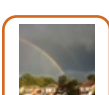
@MHchat Great chat, fast - overwhelming - great though. Thanks

16-Jan-13 21:39 | Steven_Coles_



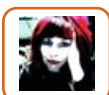
RT @alina_s_w @MHchat #mhchat reminds me of the discussion <http://t.co/pTUuxCkm> << Agree & Thank you for sharing @MHchat

16-Jan-13 21:39 | MHchat



#mentalhealth #psychiatry #mhchat

16-Jan-13 21:39 | CAMHSToAdult



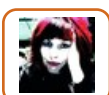
@THEAGENTAPSLEY @drsabinadosani @mhchat @writecoachkiki @markoneinfour direct contact is more effective than education models

16-Jan-13 21:39 | VictoriaBetton



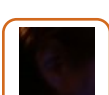
RT @Skillful_steps: @MHchat Thank you for hosting such an interesting and informative #mhchat

16-Jan-13 21:40 | MHchat



@THEAGENTAPSLEY @drsabinadosani @mhchat @writecoachkiki @markoneinfour biomedical frame is the worst...

16-Jan-13 21:40 | VictoriaBetton



RT @MHchat: Self-stigma occurs when people internalise the societal/public attitudes & suffer its many negative consequences as a result. #MHchat

16-Jan-13 21:40 | HVGLEEDS