

Lancashire Early Intervention Service



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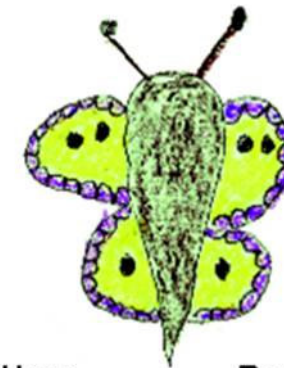
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**Lancashire Early Intervention Service**  
Hope – Health – Recovery

# Coping with Stigma and Discrimination



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## Coping with Stigma and Discrimination

One of the challenges in recovering from psychosis is dealing with the reactions of other people.

There is a huge amount of ignorance about mental illness in general and particularly psychosis. Myths about the illness can lead people to believe that people with psychosis are dangerous and unpredictable. This can create a vicious cycle of alienation and discrimination for people who have suffered a psychotic episode and also for their family members.

Stigma can become the main cause for social isolation, inability to find work, alcohol or drug misuse, and homelessness. These can all have a negative impact on the recovery process.

Because stigma occurs in other people's minds it can be difficult to manage. However these are some things that you can do:-

- ❖ Learn as much as possible about psychosis, so you can correct ignorant views with facts.
- ❖ Try to educate those around you about psychosis.
- ❖ If an ignorant view in a newspaper article or TV programme offends you, write and complain.
- ❖ Fight discrimination. Contact your union if you endure prejudice at work. Complain to management if you are discriminated against as a customer or service user.