

# WISE Initiative for Stigma Elimination works to

build resilient and hopeful communities by promoting inclusion and support for all affected by mental health challenges. We implement and advance proven practices for stigma reduction.



## SAFE PERSON

Using the 7 Promises, this presentation and resource helps us be safe and supportive people to those around us. Twenty five decals can be shipped for free. *Available in English & Spanish* 

#### UP TO ME

Participants of this program explore the story they have been telling themselves about their challenges and resilience. With their goal for sharing in mind, participants are supported in choosing what and how they want to share their story from a strengths-based perspective.





## STIGMA 101

This presentation offers an overview of stigma and how we can play a role in eliminating the stigma of mental illness by increasing inclusion, hope, and support.

## **COMPASSION RESILIENCE**

The toolkits help participants learn skills to build and maintain compassion resilience in an imperfect world. Versions for schools, healthcare and human services, and parents/caregivers address the topic from an individual, team/family, and organizational perspective.



Developed In Partnership With:





Please join our quarterly WISE coalition meetings. Learn more about our programs and connect with us today! <u>eliminatestigma.org</u>