



## **On the Stigma of Mental Illness: Practical Strategies for Research and Social Change**

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# On the Stigma of Mental Illness: Practical Strategies for Research and Social Change

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Serious mental illness is a two-edged sword: it challenges those affected not only with disability but also with unjust social stigma, which denies them opportunities to work, live independently, and pursue other goals. Written by participants and first-rate social scientists in the Chicago Consortium for Stigma Research, *On the Stigma of Mental Illness: Implications for Research and Social Change* explores the causes and ramifications of mental illness stigma, as well as the possible means to eliminate it. The book translates basic behavioral research, especially from social psychology, to an issue of prime importance to clinical psychology. While laws such as the Americans with Disabilities Act have decreased the impact of discrimination, contact between those with mental illness and those without may be one of the most effective ways to diminish stigma. The book includes practical strategies for dealing with public stigma and self-stigma, including deciding when and how to disclose one's psychiatric history to others.

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