

CONNECTING THE DOTS

Did You Know?

People who have a mental illness or use substances, especially those struggling with addiction, face discrimination and barriers to getting help.

Stigma may lead a person to avoid getting help because they are afraid of judgement or getting in trouble with work, their loved ones, or even the law.

Stigma can affect a person's ability to find housing and jobs, which affects their health and quality of life.

Source-<https://www.canada.ca/en/health-canada/services/opioids/stigma.html>

Connection between Mental Health and Addictions, Stigma, and Poverty



A collaboration between Eastern Zone Community Health Boards and the Mental Health and Addictions Health Promotion team.