



# Zero Discrimination Day!



## Stigma-Free Family Today is Zero Discrimination Day!

**Zero Discrimination Day** is an annual event created by the United Nations in 2014 - to raise awareness about discrimination and encourage inclusion and equality for all.

Stigma contributes to harmful beliefs and prejudices that lead to discrimination and adversely affect the mental health of people who experience it. Many people

are still discriminated against, including those living with mental illness. Today, we are sharing educational resources on stigma and mental health to encourage open conversation about these topics.

**Keep reading to find out more about our mental health resources and learn how to live Stigma-Free!**



Children and teens living in rural areas face unique challenges to their mental health. Due to a lack of treatment services and the stigma that is often attached to mental health in rural communities, they have worse mental health outcomes on average than youth living in urban areas. If a young person in your life is struggling, we have plenty of resources to help.

Visit the **[Supporting Youth](#)** section of our **[Rural Mental Wellness Toolkit](#)** for videos, comic books, and printable resources created for youth living in rural areas. Our engaging resources offer tips and educational tools to help youth learn about mental health, improve their overall wellness, and understand when and how to reach out for help.

**[Click here](#)** to browse our video collection and resources for rural youth.

# Stand Up to Stigma: Learn How to Take Action



## How much do you know about stigma?

Stigma-Free Society is passionate about raising awareness about various forms of stigma, especially when it comes to mental health. Understanding the different types of stigma and how they affect people is critical in reducing stigma and discrimination.

Visit the [\*\*What Is Stigma?\*\*](#) section of our website to learn about how mental health and stigma intersect, and what you can do to help combat stigma in your community.

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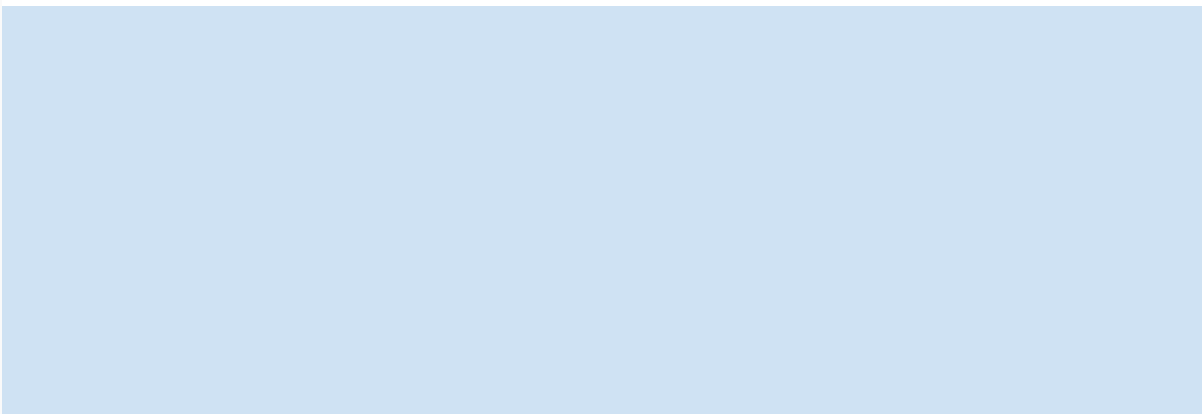
## Mental Health Education for Teens

Visit the [Coping with Mental Health](#) section of our [Student Mental Health Toolkit](#) for informative resources that are accessible and easy to use at school or home. This section includes comics and a curated video library, perfect for educators to use in class while teaching high school or middle school students about mental health.

Share our [Distress Quiz](#) with your students or the young people in your life to help them check in with themselves and monitor their mental wellness. Created by Registered Psychologist Dr. Dana Wasserman and Dr. Chris Richardson, Research Associate and Scientist at the University of British Columbia, this quiz helps teens measure how their mental health is right now and if they should reach out for help.

[Register for our Student Mental Health Toolkit](#) for free to gain access, and encourage your students to take the quiz to gain further insight into their emotional wellbeing.

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It is essential for people of *all* ages to stay socially connected and care for their mental health, and this is especially true for seniors living in rural areas. Seniors often feel more isolated and depressed than other members of their rural community.

The **Caring for Seniors** page from our **Rural Mental Wellness Toolkit** provides activities, information and resources for seniors living in rural areas who want to boost their mental health and improve their quality of life. Our journal prompts, videos, and brochures are designed to encourage a positive mindset, provide education about stigma, and offer ways for seniors to remain active in their community.

Visit our **Caring for Seniors** page to share these resources with a loved one who could benefit from them, or print and offer them to seniors in your community.

**Thank you** for your ongoing support and for keeping up with Stigma-Free Society.  
**We value** your feedback. If you have questions or suggestions regarding our programs and resources, please don't hesitate to reach out to us and share your thoughts!



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