



Celebrating Stigma-Free 2022 and Beyond

Happy New Year, Stigma-Free family!


Today, we are highlighting our achievements with you throughout 2022.


We have grown our Charity in many ways during the past year, and we are incredibly appreciative of your support. Thank you for participating in our programs and resources, making donations, and sharing our cause with your community.

Together, we are promoting education and awareness about stigma and creating an inclusive and compassionate world.


What You Helped Us Accomplish Last Year

Thanks to you, in 2022...

 Over **10,000 young people** received a live classroom presentation via the Stigma-Free Presentations Program. This is nearly a **50%** increase from 2021!

 Educators from **46/60 of BC's school districts** requested full access to the Student Mental Health Toolkit, alongside significant uptake across Canada, USA and globally.

 We gained **26,000 unique visitors to our Student Mental Health Toolkit** - a **78%** increase from last year!

 We hosted **76 Live Events** via the Rural Mental Wellness and Student Mental Health Toolkit.

 **145 teachers** participated in our new special educator's **Professional Development sessions**, receiving tools and resources to apply in their classrooms.

 **61 rural residents** completed **Peer Support facilitation training**, who will bring new skills to help others in their communities.



What's in Store for 2023?

The year 2023 presents an opportunity for even more growth and expansion. Stigma-Free Society is implementing changes that will further diversify our programming to be more inclusive of stigmas of all kinds. This repositioning will help us make an even greater impact on eliminating stigma in Canada and across the world.

Here are Some Exciting Updates...

Honing in on Stigma on all Kinds

As you may know, Stigma-Free Society is committed to reducing stigma of all kinds. However, many of our programs and resources focus primarily on mental health and breaking the associated stigma.

While we remain passionate about raising awareness and providing education about mental wellness, one of our main goals for 2023 is to expand our focus and concentrate more on different types of stigmas. Focusing on many stigmas will strengthen our mission and diversify our programming.

Below are some amazing resources from our [Student Mental Health Toolkit](#) that focus on different kinds of stigma aside from mental health:

Diverse-Ability/Disability and Inclusion

Where there is more inclusion, there is less stigma.

Our Student Mental Health Toolkit hosts a section dedicated to [Diverse-ability/Disability and Inclusion](#), which contains a wealth of resources to help educators, school counsellors and parents/guardians teach youth about the importance of inclusion. Here you'll find videos, conversation cards, and additional engaging educational resources.

Learn More About Inclusive Language with Our Stigma-Free Glossary

Applying inclusive and up-to-date language is a simple and effective way to reduce stigma in our communities. Our [Stigma-Free Glossary](#) helps inform people about current inclusive language when referring to individuals of various communities.

Our categories include mental health and mental illness, diverse-ability/disability and inclusion, and LGBTQIA2S+. We are creating additional language to the Stigma-Free Glossary, so stay tuned!

Stigma-Free New Year's Commitments

In the spirit of the new year, we'd like to offer a few commitments that you can make to join in the mission to end stigma. Here are some ways to make your community more accepting and inclusive, along with Stigma-Free tools to help us with our commitments.

Become aware of your perceptions and attitudes toward those who deal with stigma.

Looking inward and paying attention to your beliefs is an important part of reducing stigma. Our [Stigma-Free Tool](#) can help you assess your perceptions and evaluate if you feel you are living Stigma-Free. It also suggests ways that you can educate yourself further and take action against stigma!



TRY THE STIGMA-FREE TOOL TODAY

Talk openly to others about stigma.

Try starting conversations about stigma with people in your life, and having open conversations. If you're looking for resources that will help educate yourself and others on stigma, please check out our [Student Mental Health Toolkit](#) for activities that you can use to talk to youth about stigma.

If you reside in a rural area, the Stigma-Free Society's [Rural Mental Wellness Toolkit](#) has plenty of resources on stigma, and tips to help you care for your mental health. You can also take the [Stigma-Free Pledge](#) and commit to combating stigma in your community.



TAKE THE PLEDGE NOW

Talk to others who deal with stigma and learn about their experiences.

Learning about various stigmas may be unfamiliar, so perhaps make a commitment to ask others about their experiences and understand what they're going through.

Further Resources for your Stigma-Free Journey

Check out our [Inspiring Stories](#) documentaries to hear people's firsthand experiences with various stigmas with a thread of mental health.

If you're an educator, you can sign your classroom/school up for a Stigma-Free Virtual Presentation and help students learn about overcoming stigma and facilitate a more inclusive classroom environment.





**Please share
your thoughts!**

As we make the transition to diversify our resources and continue to focus on stigma beyond mental health, we'd love to hear your suggestions!

Please feel free to [send us your feedback](#) on our programs, or submit ideas on what you would like to see as part of our evolution.

Thank you for all you do to support the Stigma-Free Society.

We wish you the best in 2023!

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