MENTAL HEALTH:

Stigma, Stereotypes, and Safe Spaces in the Workplace

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SOURCE: https://www.chathamhouse.org/chatham-house-rule
**STIGMA**

**Stigma**, which has been defined as the co-occurrence of labeling, stereotyping, separation, status loss, and discrimination, is widely recognized as a barrier to success in treatment and stabilization of symptoms among individuals with mental illness.

**STEREOTYPE**

Stereotypes can be defined as qualities perceived to be associated with particular groups or categories of people. When stereotypes are related to group characteristics, they can lead to public stigma; self-stigma may arise when they relate to beliefs about the self.

**SAFE SPACE**

**Safe space** is a term for an area or forum where a marginalised group is not supposed to face standard mainstream stereotypes and marginalisation.

**Source:** Adapted from [http://geekfeminism.wikia.com/wiki/Safe_space](http://geekfeminism.wikia.com/wiki/Safe_space)
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Interim Director of HUSL Library,
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Mission
...elevate psychological resilience in the Vanderbilt faculty and staff.

Jim Kendall, LCSW, CEAP
Manager, Faculty/Staff Assistance Programs

GO THERE is a campuswide campaign to foster a culture of openness, honest reflection, and brave dialogue about mental health and well-being to enhance and support holistic health among all Vanderbilt faculty, staff, and students.
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