



# Challenging the Stigma of Mental Illness: Lessons for Therapists and Advocates

*Patrick W. Corrigan, David Roe, Hector W. H. Tsang*

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*Challenging the Stigma of Mental Illness* offers practical strategies for addressing the harmful effects of stigma attached to mental illness. It considers both major forms of stigma: public stigma, which is prejudice and discrimination endorsed by the general population; and self-stigma, the loss of self-esteem and efficacy that occurs when an individual internalizes prejudice and discrimination.

- Invaluable guide for professionals and volunteers working in any capacity to challenge discrimination against mental illness
- Contains practical worksheets and intervention guidelines to facilitate the implementation of specific anti-stigma approaches
- Authors are highly experienced and respected experts in the field of mental illness stigma research

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