

**SAMIEN  
STERK  
ZONDER  
STIGMA**

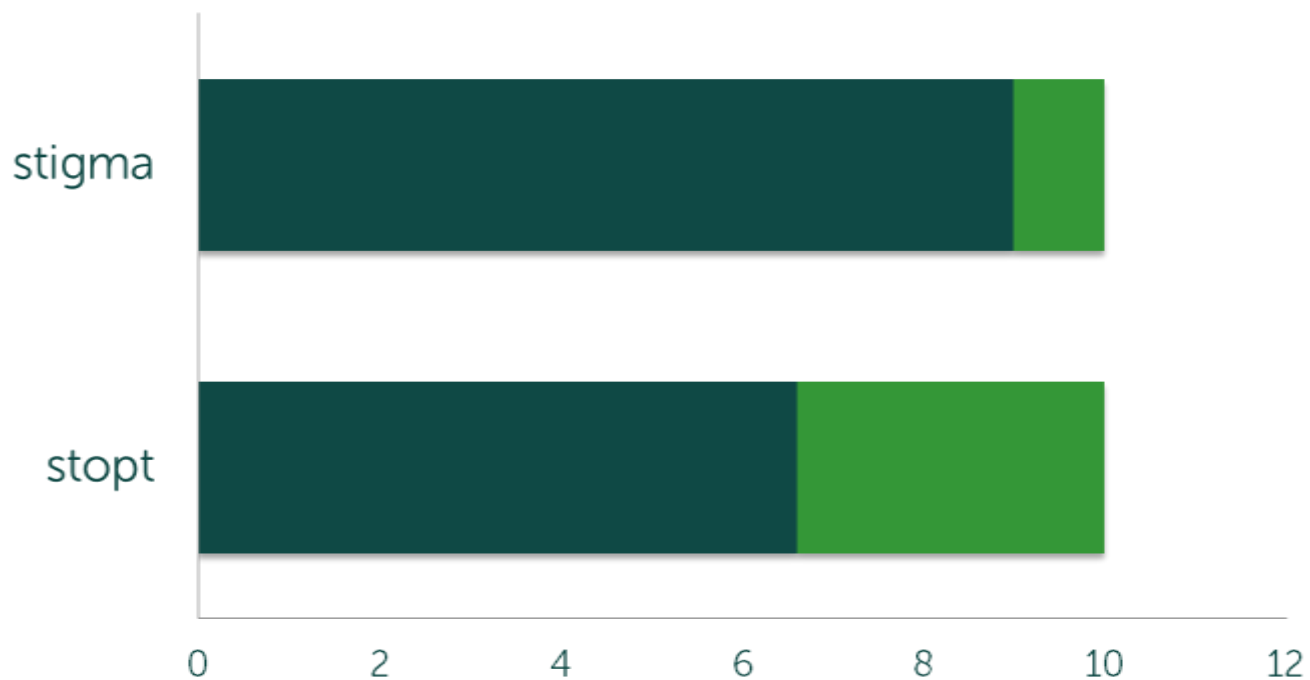
What works on combatting stigma

1 December 2017



# SAMEN STERK ZONDER STIGMA

## Effect stigmatization



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source:  
society

target:  
person

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What works?













geef elkaar  
de ruimte



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## TLC3

- Targeted
- Local
- Contact
- Continuous
- Credible



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**Make the difference!**



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## Talk about it

- Don't be ashamed
- Courage
- Be aware of many questions or none...
- Answer truly
- Proportion



# SAMEN STERK ZONDER STIGMA

- HOP: Honest Open Proud
- Coral
- Beyond the Label
- Materials
- Movies
- Etc.



# A Global Movement Against Stigma

Working to eliminate mental health stigma and discrimination around the world

**time to change**

let's end mental health discrimination  
www.time-to-change.org.uk



## Campaigns listed in order of initiation

- 1997 **New Zealand**  
Like Minds Like Mine  
likeminds.org.nz
- 2000 **Australia**  
beyondblue  
beyondblue.org.au
- 2002 **Scotland**  
See Me  
seemescotland.org
- 2003 **England**  
Time to Change England  
time-to-change.org.uk
- 2007 **Andalusia, Spain**  
1 DE CADA 4  
1decada4.es
- 2008 **USA**  
Bring Change 2 Mind  
bringchange2mind.org
- 2009 **Sweden**  
Hjärnkoll  
nsp.se/hjarnkoll
- 2009 **Canada**  
Opening Minds  
mentalhealthcommission.ca/English/initiatives-and-projects/opening-minds
- 2010 **Catalonia, Spain**  
Obertament  
obertament.org/ca
- 2010 **Ireland**  
See Change  
seechange.ie
- 2011 **The Netherlands**  
Samen Sterk Zonder Stigma  
samensterkzonderstigma.nl
- 2011 **Denmark**  
ONE OF US  
oneofus.eu
- 2011 **Wales**  
Time to Change Wales  
timetochangewales.org.uk/en
- 2011 **California, USA**  
The Center for Dignity, Recovery and Empowerment  
dignityandrecoverycenter.org

Like Minds Like Mine