

Online-Facilitated Course

Stigma and Discrimination in Mental Health and Mental Wellness Support

COURSE DESCRIPTION

The course is designed to help clients understand the concepts, nature and impact of stigma and discrimination on clients with mental health needs.

It covers issues on how stigma and discrimination affect clients in accessing mental health support, the skills and strategies to improve service provider and client interactions in mental health support.

LEARNING OBJECTIVES

After completing the course, the trainees will be able to:

- Define stigma, discrimination and related terms
- Describe myths and the stigma of mental health
- Explain how stigma and discrimination affect the client's behavior in accessing mental health services-focusing on newcomers
- Discuss on trauma-informed awareness and self-care in mental health support
- Identify the approaches/strategies to reduce stigma and discrimination in supporting clients with mental health needs.
- Participate in organizational endeavors to create stigma-free service for clients with mental health needs.

Audience: Settlement and Integration sector workers

For any questions, contact pd@aaisa.ca



Date: Sep 22, 2023



Time: 9:00 am - 12:00 pm



Register here: <https://forms.office.com/r/yuGqxjqm1S>