TAKE 5
DEVELOP SKILLS FOR POSITIVE LIVING

A Monthly Virtual Helping Tool
From ARCC Counseling Services

FEBRUARY: Mental Health Stigma

ANOKA-RAMSEY COMMUNITY COLLEGE
CAMBRIDGE · COON RAPIDS

TAKE the PLEDGE

Can you help erase the stigma around mental illness? Pledge to **Make it OK** with these actions:

- Learn more about mental illness
- Talk openly with others about mental illness
- Share with others

CLICK HERE to Take the Pledge!

Stigma is a set of negative and often unfair beliefs that society has about something.

Mental illness stigma comes in many forms and can look like:

- Excluding people
- Silence
- Telling someone to snap out of it
- Labeling
- The belief that those with mental illness are doing it for attention
- Not placing mental health concerns with the same value as physical health concerns
- And more…

Stigma leads people with mental illness to feel ashamed and not seek the help they need.

RESOURCE CORNER

Check out these mental health resources:

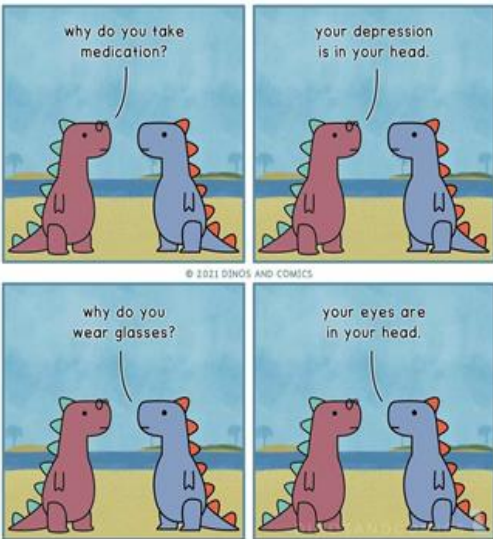*Make it OK: A campaign focused on helping to remove stigma around mental health concerns.*

Seize the Awkward: How to have conversations about mental health. Includes short videos and personal stories from well-known people.

Psychology Today: A guide to finding a therapist near you.

Allina Change to Chill: Tools for stress management and mental well-being.

NAMI MN: A leading nonprofit organization working to improve the lives of those with mental illness. Offers education, resources and support groups.

Active Minds: A national student organization with a mission to open up the conversation about mental health.

Additional Resources:

Grab and Go Food bags: Feb. 23 Inside door one on Rapids campus and inside main door on Cambridge campus.

ARCC Virtual Involvement and Resource Fair: Week of January 31-Feb 4. Learn about campus departments and services and how to get involved on campus!

---

why do you take medication?

your depression is in your head.

why do you wear glasses?

your eyes are in your head.

© 2021 DINOS AND COMICS

Make It OK.org

nami
National Alliance on Mental Illness

Crisis Resources

Suicide Prevention Lifeline:
800-273-8255
Trevor Project- LGBTQ Crisis Line:
866 -488-7386
Texting Crisis line:
Text HOME to 741741 *For Spanish texting line text HOLA to the same number.*

Make It OK: Website

Make It OK is a nationwide community campaign to reduce stigma by starting conversations and increasing understanding about mental illness.

Make It OK.org

The comprehensive website offers the following great information and tools:

- Learn what mental illness is and is not
- Take a short quiz to see what you know about stigma
- Read personal stories from those who have experienced stigma and how it impacted them
- Check out podcasts about mental illness
- Learn some quick tips for having conversations about mental illness
- Engage in an interactive online learning module where you can explore more about hurtful language, myths and facts and discover the stigma impact checklist.
- Take action by downloading a toolkit, becoming an ambassador or attending a Make it Ok event.

Did you know?

- The most common types of mental illness are mood disorders such as anxiety and depression.
- Many people living with mental illness say that being discriminated against in work and social situations can be a bigger burden than the illness itself.
- Mental illness is treatable.

Make it OK NAMI Workshop

NAMI
National Alliance on Mental Illness

Wednesday, February 16 at 1:00 PM on Zoom
Presented by Kay King from NAMI MN

It's time to spread the word, stop the silence and Make it Ok to talk about mental illness. Please join for this session to learn more about what you can do.
Click **HERE** to register for this session.

Mental Health: Let's Taco About It!

Thursday, February 24 at 2:00 PM on Zoom

This event from Student Life is an open forum for ARCC students to talk about mental health and share their struggles, joys, and ways of coping with it all. ARCC Counselors will be available to share resources. Plus, we're randomly giving away 3 gift cards for $15 each to Taco John's just for participating! Sponsored by Student Life and ARCC Counseling.
Click **HERE** to register.

Sponsored by ARCC Counseling Services
For appointments click here or
call 763-433-1100
For non-emergency questions email:
Counseling@anokaramsey.edu