

Compilation of Resources which Challenge Mental Health Stigma for the Moment project Priority Action Area One



Title of Resource	Type of resource (e.g. film, self-directed course, checklist..)	Source/Author/ Validated By/ Associated With	Summary of Content (high level not lots of detail)	Countries used in	Languages	Location (e.g. online link)
Talking Openly About Mental Health	Film	RCRC Magazine	Stigma in relation to mental health	Worldwide	English	Youtube: https://youtu.be/-G1KW-ARX_c ; RCRC magazine: https://bit.ly/3y6UDXk ; Facebook teaser: https://www.facebook.com/watch/?v=286992170304781 ; Twitter: https://twitter.com/ifrc/status/1519264711434543104
Oslo Social Support Scale	Assessment & monitoring tool	Norwegian Institute of Public Health	Perceived availability of people whom the individual trusts and who make one feel cared for, loved, esteemed and valued as a person. 3 item scale. Q1: How easy is it for you to get help from neighbours if you should need it? (very easy, easy, possible, difficult, very difficult); Q2. How many people are so close to you that you can count on them if you have serious problems? (none, 1-2, 3-5, 5+) Q3. How much concern do people show in what you are doing? (a lot, some, uncertain, little, no)	Worldwide	Norwegian, English, Urdu, French, German	Annex 8, p86 https://interagencystandingcommittee.org/system/files/2021-09/%20IASC%20Common%20Monitoring%20and%20Evaluation%20Framework%20for%20Mental%20Health%20and%20Psychosocial%20Support%20in%20Emergency%20Settings-%20With%20means%20of%20verification%20%28Version%202.0%29.pdf
Discrimination and Stigma Scale (DISC)	Checklist (interview)	"King's College London, Dr. Graham Thornicroft: graham.thornicroft@kcl.ac.uk and Ms. Maria Milenova: maria.milenova@kcl.ac.uk "	The 32-item DISC is an interview-based scale which measures experiences of mental health-related discrimination within key areas of daily and social life, such as work, marriage, parenting, housing, leisure and religious activities for adults. It was designed to be completed by adults who have experienced challenges related to mental health. The scale has been demonstrated to be a reliable and valid measure and has been utilised in over 60 countries.	Used in 60+ countries	English, Swedish, Traditional Chinese (Taiwan), Arabic, Amharic, Tamil, Urdu, Turkish, Polish, Spanish	"Register (for free) to access the scale: http://www.indigo-group.org/stigma-scales/ "
DISCUS (Discrimination and Stigma Scale mini version)	Checklist (interview)	"King's College London, Dr. Graham Thornicroft: graham.thornicroft@kcl.ac.uk and Ms. Maria Milenova: maria.milenova@kcl.ac.uk "	Shorter 11-item version of the DISC, which measures experiences of mental health-related discrimination within key areas of daily life. Designed to be completed by adults who have experienced challenges to be a reliable and valid measure.	Worldwide	English, Swedish, Traditional Chinese (Taiwan), Arabic, Amharic, Tamil, Urdu, Turkish, Polish, Spanish	"Register (for free) to access the scale: https://www.indigo-group.org/new-guide-to-scales/ "

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Reported and Intended Behaviour Scale	Quantitative scale	Community Mental Health Unit at Kings College London, UK	RIBS has been designed to assess and track mental health related behavioural discrimination among the general public. Several studies have demonstrated the significance and high prevalence of discrimination experienced by service users, emphasising the importance of assessing and documenting behavioural trends.	Worldwide	Arabic, Cantonese, Dutch, English, Italian, Japanese, Kannada, French and Swedish	"Register (for free) to access the scale: https://www.indigo-group.org/new-guide-to-scales/ "
Social Connectedness Scale-Revised	Self-report instrument	University of Minnesota, Dr. Richard Lee and Dr Draper	This 20-item scale is used to assess the extent to which persons feel connected to others in their surrounding social area. It is assessed on a Likert scale, from 1 being 'strongly disagree' to 6 being 'strongly agree'. Applicable for 12 years+	Worldwide	15+ languages	https://www.mhpss.net/toolkit/mhpss-m-and-e-mov-toolkit/resource/social-connectedness-scale-revised
Social mapping	Qualitative approach	IASC MHPSS RG	For children aged 6-17yrs. Social mapping is a participatory approach that asks participants to map their social relationships with various people in their lives or communities.	Worldwide	Arabic, English, French, Spanish	https://www.mhpss.net/toolkit/mhpss-m-and-e-mov-toolkit
Advocacy campaign	Manifesto	Portuguese Order of Psychologists	Manifesto against stigma, highlighting the harmful impact of it and the need to fight it. It also provides statistics related to prevalence of MH conditions and people suffering from stigma in Portugal, as well as tips on how to fight it and where to find more information.	Portugal	Portuguese	https://recursos.ordemdospsicologos.pt/files/artigos/manifesto_anti_estigma.pdf
Advocacy campaign	Pamphlets	Portuguese Order of Psychologists	Front page has a catchy message (e.g. you wouldn't say "to end that pneumonia what you need is will power" right? So why would you say that of someone suffering from anorexia? / you wouldn't say "the reason why you had a stroke is because you are weak" right? So why would we say that to someone suffering from anxiety?) and in the back there is more information about the specific MH condition that they refer to	Portugal	Portuguese	https://recursos.ordemdospsicologos.pt/files/artigos/5_folhetos_anti_estigma.pdf
Advocacy campaign toolkit	Pamphlets	IFRC Americas Region	Toolkit on how to prevent depression as part of an advocacy campaign designed by the IFRC Americas region	Americas Region	English & Spanish	https://pscentre.org/wp-content/uploads/2022/01/IFRC_AMRO_MHPSS-CEA_Toolkit-depression-Prevention_2022_EN.pdf
Oslo Social Support Scale	Training package	IFRC Psychosocial Centre	"The aim of this training module is for participants to learn or deepen psychological first aid skills to supportively respond to people who are vaccine hesitant to the COVID-19 vaccine. The module is also helpful when supporting someone who holds a different viewpoint or different values from the PFA provider, as the training also builds or deepens skills in demonstrating empathy and understanding. The training is not about deceiving someone into having a COVID-19 vaccine. It's about supporting people to feel calm, informed, supported and in control of their own decisions about the vaccine."	Worldwide	English, Spanish, Portuguese	https://pscentre.org/?resource=online-psychological-first-aid-training-for-covid-19-additional-model-vaccine-hesitancy&wpv_search=true&selected=single-resource

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Awareness raising campaign	Film	RCRC Magazine	<p>"In this video, we are focusing on the many ways people can receive mental health support. As the American rapper Logic would say "pain don't hurt the same, I know :microphone:". And it's true. What works for one might not work for all. The most important thing is getting lifesaving information to the people who most need it.</p> <p>We asked four experts from Bulgaria RC, Croatia RC, Kenyan RC and Singapore RC what can be done to make access to mental health more accessible, especially to those who are dealing with natural disasters and major crises."</p>	Youth Worldwide (experts from Croatia, Bulgaria, Singapore & Kenya)	Arabic, English, French, Spanish	https://shared.ifrc.org/record/~efaada975a
Mental Health 101: Training/ orientation	Online Tutorial	CAMH - Centre for Addiction and Mental Health (Canada)	<p>"Mental Health 101: Understanding Stigma ""Take a positive step toward addressing stigma with this online tutorial. Learn the facts and practical strategies you can put into practise everyday."" (EN/FR)"</p>	Canada	English, French	<p>"EN: https://www.camhx.ca/Education/online_courses/MentalHealth101Series/Stigma/story.html</p> <p>FR: https://www.camh.ca/fr/info-sante/sante-mentale-101 "</p>
Opening Minds: Advocacy/ Awareness raising campaign	Pamphlets etc	Opening Minds - Mental Health Commission of Canada	mentalhealthcommission.ca	Canada	English, French	
Opioid Harm Reduction Champion course (free): Training/ orientation & Advocacy	Online self-directed course	Canadian Red Cross	<p>"CRC's Becoming an Opioid Harm Reduction Champion course (free):</p> <ul style="list-style-type: none"> • Be a voice for education, action, and empathy by sharing graphics, posters, and resources on social media and other platforms. In the course, you will receive a few tools to help you get started! • Help raise awareness and reduce stigma by promoting simple actions we can all take to protect ourselves and others from opioid poisoning. • Be part of a movement to change how we view opioid poisoning in our communities. • You can also help spread the word by sharing this information with others in your network. <p>Who should take this course: anyone interested in reducing stigma, changing attitudes towards opioid use, and increasing knowledge of how harm reduction works to help during an opioid poisoning emergency (must be 13 years of age and older). This course has no prerequisites."</p>	Canada	English, French	<p>"EN: https://learn.redcross.ca/p/opioid-harm-reduction</p> <p>FR: https://apprendre.croixrouge.ca/p/reduction-mefaits-opioides"</p>

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Understanding Stigma	Online self directed course	CAMH - Centre for Addiction and Mental Health (Canada)	The Understanding Stigma Online Course - its purpose is to examine stigmatizing attitudes and behaviours. The course consists of three modules, which focus on raising awareness, the impacts of stigma, and challenging stigma and discrimination. The scenarios, interactive questions, personal stories and quizzes are intended to help change the attitudes and behaviours toward people seeking help, and to address attitudes that may result in stigma toward friends, family, colleagues and ourselves.	Canada	English, French	https://www.camh.ca/en/education/continuing-education-programs-and-courses/continuing-education-directory/understanding-stigma
Mental Health: A Global Priority	A series of podcasts in a playlist	The University of Edinburgh Dr Liz Grant, Dr Anne Aboaja and Dr Narinder Bansal.	"The podcasts in this playlist introduce fundamental concepts related to mental health and illness and presents evidence for global mental health inequity, and considers how factors such as stigma, violations of human rights, culture, spirituality, partnerships and technology may affect the pathways to mental health care. These podcasts are free open resources originally created for the short course, Mental Health: A Global Priority."	UK	English	https://media.ed.ac.uk/channel/Mental%20Health%3A%20A%20Global%20Priority/74249701
End the Stigma	Infographic	Website named: 'Mind My Peelings'	Mental Health Stigma Infographic	Canada	English	https://static1.squarespace.com/static/5cb61b1e29f2c-c34d16e2bd6/t/6022ef7c372df-3704c776e2b/1612902445520/mental-health-stigma-infographic.pdf
Teen Prep Kit	Resource Kit for teenagers	Global Disaster Preparedness Centre	Designed with teen inclusivity in mind, this kit offers a fun and accessible way to learn about preparedness. With activities and videos created by teens, for teens. Includes MHPSS.	Global	Arabic, Chinese, English, French, Spanish, Swahili	https://preparecenter.org/toolkit/teenprepkit/