

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) |
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| 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: http://www.indigo-group.org/stigma-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: http://www.indigo-group.org/stigma-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"</p> <p>"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> |
| Fighting Stigma | Activities for individuals and groups | Time to Change - Mind, and Rethink Mental Illness - United Kingdom (UK) | A list of different activities that can be used by individuals or groups, based on the topic of 'fighting stigma'. | UK | English | https://www.time-to-change.org.uk/take-action/resources-your-workplace/activities-your-workplace |

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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/ |