

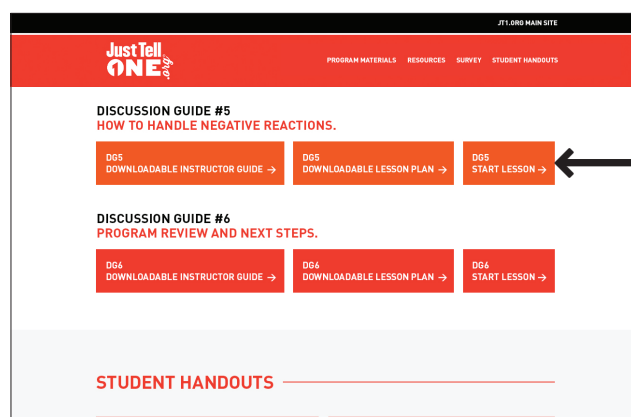


## DISCUSSION GUIDE #5

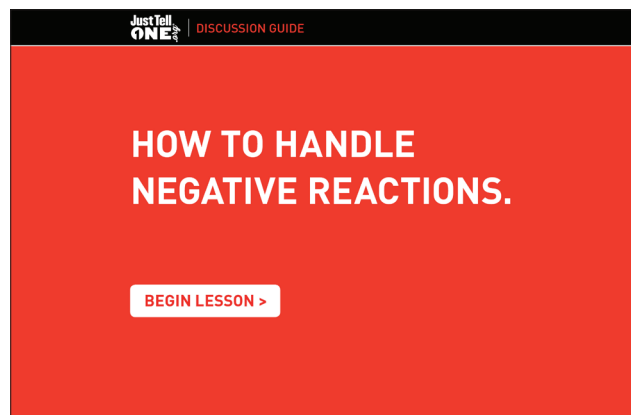
### HOW TO HANDLE NEGATIVE REACTIONS.

#### ONLINE PROGRAM

#### INSTRUCTOR GUIDE



*(Log in to jt1program.org and select "DG5 Start Lesson" from the menu.)*



#### SLIDE 1

How to handle negative reactions.


DISCUSSION GUIDE

HOW TO HANDLE NEGATIVE REACTIONS.

What if the first person you talk to doesn't help?

- ☐ It's OK, not everyone is willing or able to be a trusted person
- ☐ Don't give up—there is someone in your life that is ready to give you the right support

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## SLIDE 2

Last time we mentioned, if you're reaching out for help, have realistic expectations.

What if the person you talk to doesn't help?

It's OK, not everyone is willing or able to be a trusted person.

Don't give up – there is someone in your life that is ready to give you the right support. Keep trying.

What if your friends or family dismiss your feelings and what you're going through?


DISCUSSION GUIDE

HOW TO HANDLE NEGATIVE REACTIONS.

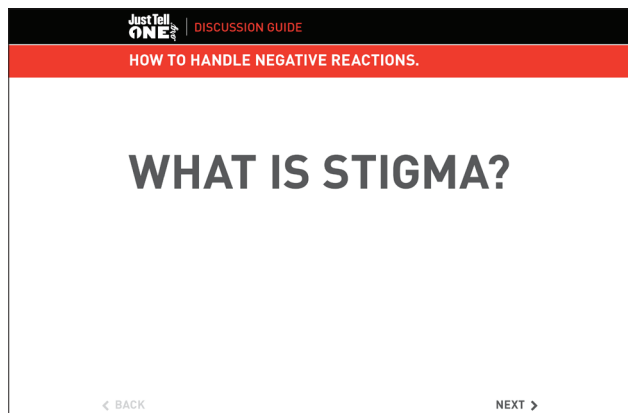
When you experience negative reactions, remember that:

- ☐ Your feelings are valid
- ☐ You are worthy of help

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## SLIDE 3

Always remember that your feelings are valid and you are worthy of getting the help you need.

**SLIDE 4**

You may hear the term stigma. Stigma can be a barrier to someone getting treatment.

What is stigma?

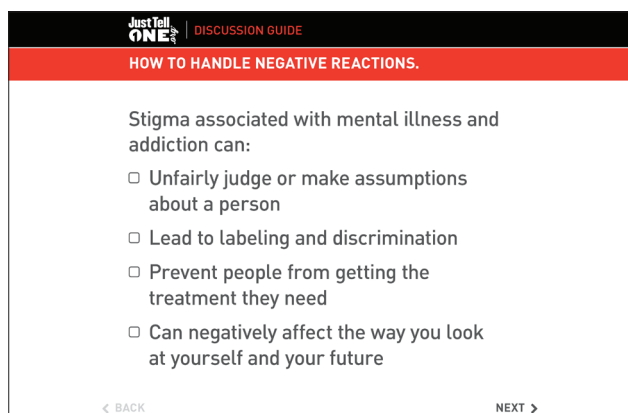
Who can tell me what it means and give me some examples?

*(Ask for definitions and examples of stigma...)*

*Instructor's note:*

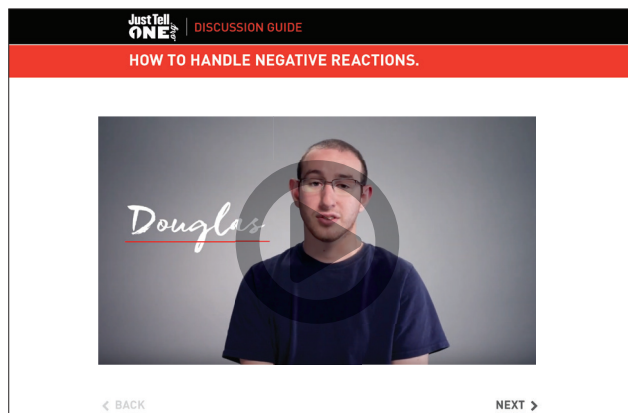
*Stigma (1) refers to attitudes and beliefs that lead people to reject, avoid, or fear those they perceive as being different;*

*(2) a set of negative and often unfair beliefs that a society or group of people have about something; (3) a mark of shame or discredit)*

**SLIDE 5**

Stigma associated with mental illness and addiction can:

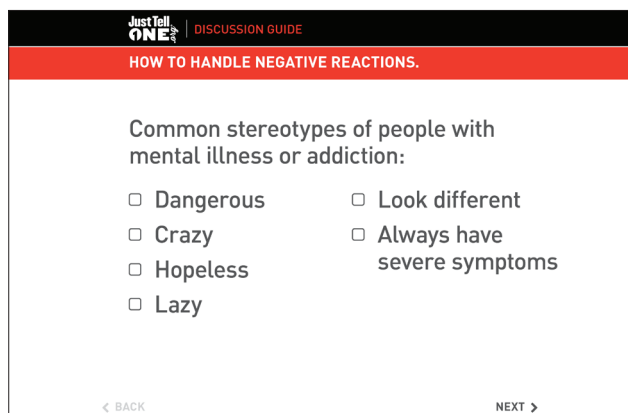
- ☐ Unfairly judge or make assumptions about a person
- ☐ Lead to labeling and discrimination
- ☐ Prevent people from getting the treatment they need
- ☐ Can negatively affect the way you look at yourself and your future

**SLIDE 6**

*(Play video*

*"Dealing with Stigma"*

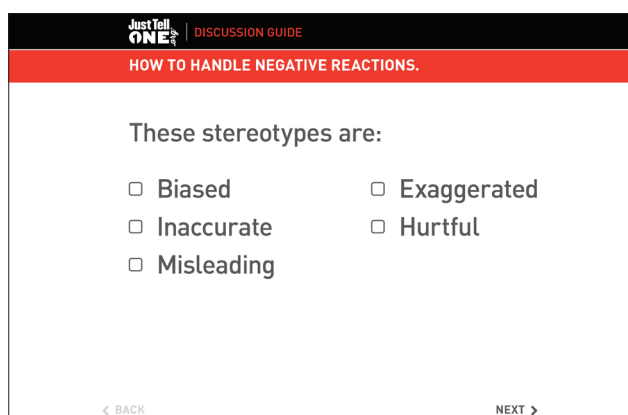
*Length of video is 1:37)*

**SLIDE 7**

Here are some common stereotypes of people with mental illness or addiction...

Can you think of any others?

*(Ask for examples...)*

**SLIDE 8**

These stereotypes can be biased, inaccurate, misleading, exaggerated, and hurtful.

Are there things you can do to reduce the stigma surrounding mental illness and addiction?

*(Ask for examples...)*

**Just Tell ONE** | DISCUSSION GUIDE

**HOW TO HANDLE NEGATIVE REACTIONS.**

What are some ways to reduce stigma?

- ☐ Avoid casually using terms like “crazy,” “psycho,” and “OCD”
- ☐ Be understanding, patient, and compassionate with someone (you never know what someone else is going through)
- ☐ Don’t believe everything you hear (be careful of gossip and rumors)

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**SLIDE 9**

Some ways to reduce stigma are:

- ☐ Avoid casually using terms like “crazy,” “psycho,” and “OCD”
- ☐ Be understanding, patient and compassionate with someone (you never know what someone else is going through)
- ☐ Don’t believe everything you hear (be careful of gossip and rumors)

**Just Tell ONE** | DISCUSSION GUIDE

**HOW TO HANDLE NEGATIVE REACTIONS.**

What are other barriers that could prevent someone from getting help?

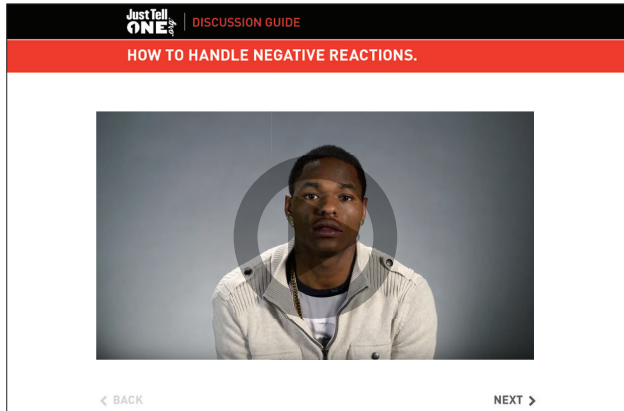
- ☐ Fear of change
- ☐ Lack of understanding or support
- ☐ Cultural or generational attitudes
- ☐ Language barrier

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**SLIDE 10**

Stigma isn’t the only barrier that can keep someone from getting help. Other barriers can include:

- ☐ Fear of change
- ☐ Lack of understanding or support
- ☐ Cultural or generational attitudes
- ☐ Language barrier

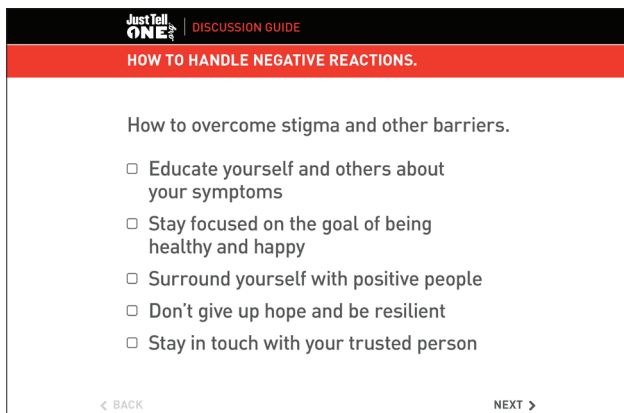


## SLIDE 11

*(Play video*

*“Overcoming Barriers”*

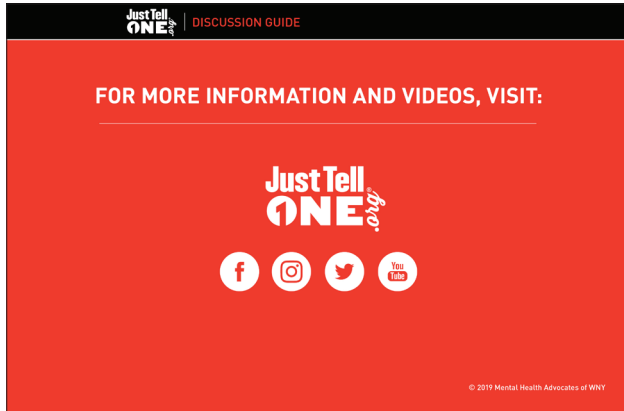
*Length of video is 1:55)*



## SLIDE 12

It may not always be easy but it’s worth taking the steps needed to get the help you may need and deserve. Here are some more tips to overcoming barriers:

- ☐ Educate yourself and others about your symptoms
- ☐ Stay focused on the goal of being healthy and happy
- ☐ Surround yourself with positive people
- ☐ Don’t give up hope and be resilient
- ☐ Stay in touch with your trusted person

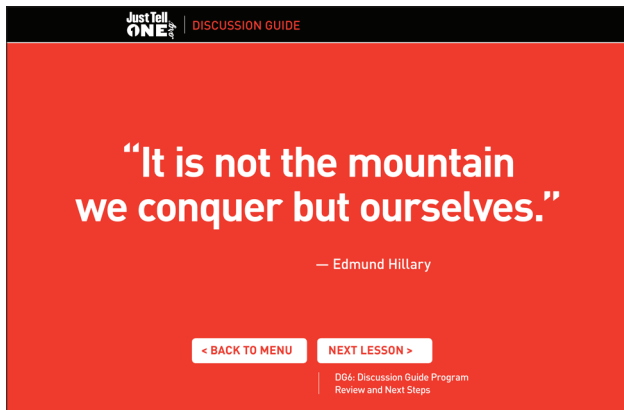


### SLIDE 13

For our final discussion, we'll review what we've learned and focus on the next steps to take after someone has their first conversation with a trusted person.

Go to [JustTellOne.org](https://JustTellOne.org) if you're interested in more information or seeing more videos.

You can also follow Just Tell One on Facebook, Twitter, YouTube, and Instagram for inspiration or motivation.



### SLIDE 14

*“It is not the mountain we conquer but ourselves.”*

– Edmund Hillary