**STIGMA REDUCTION TOOLKIT**

**Valid stigma self-assessments:**

Use these tools to measure your own stigma against mental illness, seeking mental health, and related issues. See where you are at today, and use some of the items in our toolkit below. Retest yourself in six months to see how you’ve grown.

[EASI - Endorsed and Anticipated Stigma Inventory](https://www.ptsd.va.gov/professional/assessment/documents/NCPTSD_EASI.PDF)

[SSDS - Self-Stigma of Depression Scale](https://nceph.anu.edu.au/research/tools-resources/self-stigma-depression-scale-ssds)

Emergent Research - [Development and validation of a new standardized measure for assessing experiences of discrimination within mental health services - A participatory research project](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10539746/)

**Learning resources by population**

**General populations:**

**National Coalition Against Prescription Drug Abuse (NCAPDA)** i

Stigma reduction resources with language, education and systemic change.

[Stigma - National Coalition Against Prescription Drug Abuse (ncapda.org)](https://ncapda.org/stigma/?gad_source=1&gclid=EAIaIQobChMIirSrnIS7hQMVwDbUAR0RnwBIEAAYASAAEgLrgvD_BwE)

**Portland Psychotherapy**

[Mental Illness Stigma Curriculum - Portland Psychotherapy](https://portlandpsychotherapy.com/mental-illness-stigma-curriculum/)

**Health professionals**:

**SAMHSA**

[The Power of Perceptions and Understanding: Changing How We Deliver Treatment and Recovery Services | SAMHSA](https://www.samhsa.gov/power-perceptions-understanding)
[Overcoming stigma, ending discrimination - YouTube](https://www.youtube.com/watch?v=LuotCdJF2qc) Webcast 58 minutes

**Providers Clinical Support System**

[Changing Language to Change Care: Stigma and Substance Use Disorders](https://pcssnow.org/courses/2-changing-language-to-change-care-stigma-and-substance-use-disorders/)

**Specific Populations**

**Springfield-Greene County Health**- **Men’s Mental Health**.

[News Releases • Start conversations about mental health this (springfieldmo.gov)](https://www.springfieldmo.gov/CivicAlerts.aspx?AID=10605&fbclid=IwAR0lsfwRfHVNk3ntW61Rp1HeEHTwZsZGCwY2HJ9z0KRKWHg1YkXWi9wqy1A_aem_ATS3cDSMs3-LB_bXFMU68el8QE1sg1071N04hnlNheAVltVMx2vBS6onBFs8NH__dUOMdCFMRDOLpKHqKA9VWjle)

**Health Mil – Military Health**

[Real Warriors Campaign | Health.mil](https://www.health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/Real-Warriors-Campaign)

**Pulitzer Center - Youth**

[Youth Mental Health and Suicide Prevention: Listening Guide (pulitzercenter.org)](https://pulitzercenter.org/builder/lesson/youth-mental-health-and-suicide-prevention-listening-guide-educators?gad_source=1&gclid=EAIaIQobChMIirSrnIS7hQMVwDbUAR0RnwBIEAMYASAAEgI-a_D_BwE)