



**VISTA CLINIC**  
reaching caring healing

**STIGMA**

The Leader in Specialized Psychiatric Care



# VISTA ACADEMY

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A division of



VISTA CLINIC  
reaching caring healing



The Leader in Specialized Psychiatric Care

# UPCOMING EVENTS







MARCH  
10  
BELIEVING  
IN MYSELF




APRIL  
07  
IRRATIONAL  
BELIEFS




MAY  
05  
GRIEF  
2



JUNE  
02  
FORGIVENESS



JULY  
07  
UNDERSTANDING  
ANXIETY



AUG  
04  
ANGER  
MANAGEMENT



SEP  
01  
UNDERSTANDING  
DEPRESSION



OCT  
06  
STIGMA ITO  
MENTAL HEALTH



NOV  
03  
CONFLICT  
MANAGEMENT



# Mental Wellness Theme Park

VISTA ACADEMY  
A Division of Vista Clinic



Happiness HELPS

CRAZY WALKING

Rides of Life

VISTA CLINIC  
reaching caring healing

The Leader in Specialized Psychiatric Care

# MENTAL WELLNESS THEME PARK

Which ride are you currently on?




## BUY YOUR RIDE TICKET ONLINE



RIDE PASS  
TOWER OF DARKNESS

**ANXIETY**




RIDE PASS  
BUMPY WAVES

**UNDERSTAND & MANAGE STRESS**




RIDE PASS  
TRAUMA-COASTER

**TRAUMA**




RIDE PASS  
RISE UP

**MOTIVATION**




RIDE PASS  
RIVERS OF SUCCESS

**SPIRITUALITY AND MENTAL HEALTH**




RIDE PASS  
TOWER OF DARKNESS

**DEPRESSION**




RIDE PASS  
PULLING FORCE

**BOUNDARIES**




RIDE PASS  
TRAIN OF EMOTIONS

**ANGER MANAGEMENT**



RIDE PASS  
RISE UP

**BELIEVING IN MYSELF**



RIDE PASS  
STEER CLEAR

**MANAGING FINANCES**



RIDE PASS  
TRAIN OF EMOTIONS

**UNDERSTANDING MY EMOTIONS**



RIDE PASS  
PULLING FORCE

**CONFLICT MANAGEMENT**

[booking@vistacpd.co.za](mailto:booking@vistacpd.co.za) | 012 664 0222 | [www.vistaacademy.co.za](http://www.vistaacademy.co.za)



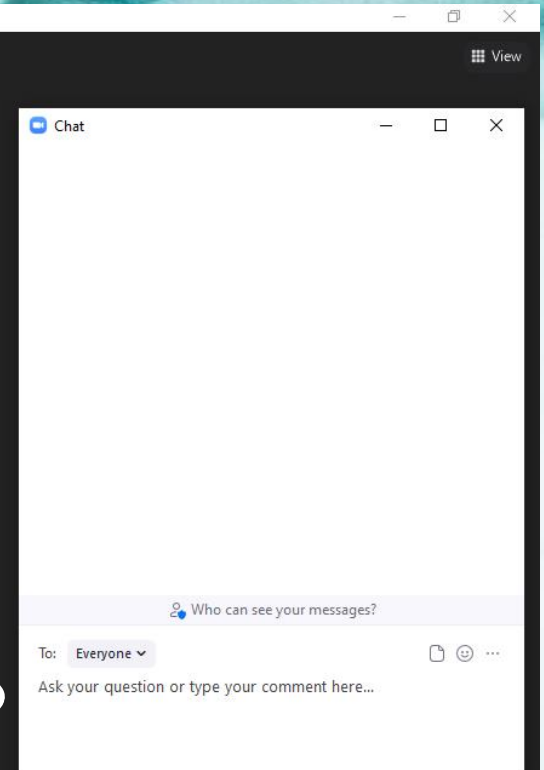


**WE  
ARE  
HERE**



Like and Follow us  
on our social media  
platforms

# QUESTIONS / COMMENTS



Vista Academy

Mute

Start Video

Security

Participants 1

Chat

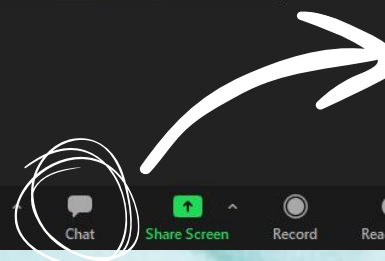
Share Screen

Record

Reactions

Apps

End







# STIGMA

PRESENTED BY  
Juan Royffe

6 Oct 2022

# Mental Illness Reality



# STIGMA

A mark of disgrace associated with a particular circumstance, quality, or person.



# THE COST OF MENTAL ILLNESS



Depression costs South Africa more than **R232 billion** or **5.7% of GDP** due to lost productivity either due to absence from work or attending work while unwell.

The London School of Economics and Political Science 2016 IDEA study. PsychMG



# WHO FACTS on mental health

**FACT: Mental and substance use disorders are the leading cause of disability worldwide (The #1 disability cause)**

About **23%** of all years lost because of disability is caused by mental and substance use disorders.

“Limited data regarding the epidemiology of MDD in SA is available, however studies conducted from 2008-2014, showed a **41% increase in the incidence of mental disorders.**”



# WHO FACTS on mental health

**FACT: Depression is the leading cause of disability worldwide and the leading disease burden for women**

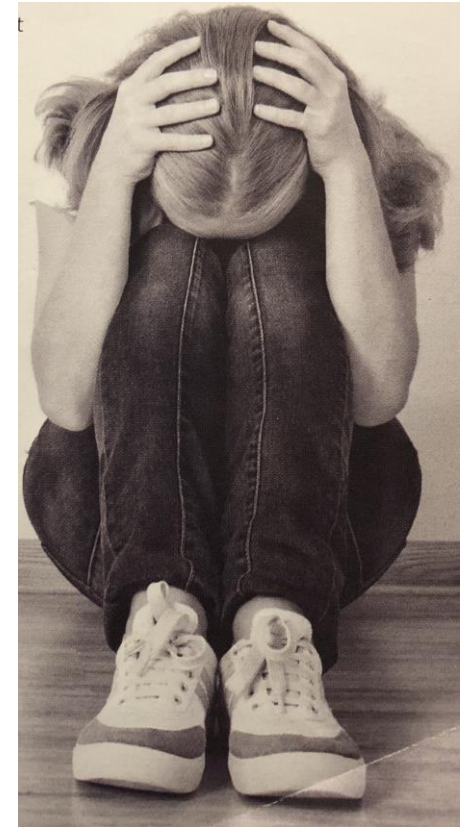
- Globally, more than **320 million** suffer from depression.
- **More women** are affected by depression than men.
- Depression is the leading cause of disability worldwide
- Depression following childbirth, affects 20% of mothers



# WHO FACTS on mental health

**FACT: About 700 000 people commit suicide every year**

- Over **700 000** people die due to suicide every year.
- For each adult who died of suicide there may have been more than **20 others attempting** suicide.
- **75% of suicides** occur in low- and middle-income countries.
- The strongest **risk factor** for suicide is a **previous suicide attempt**.

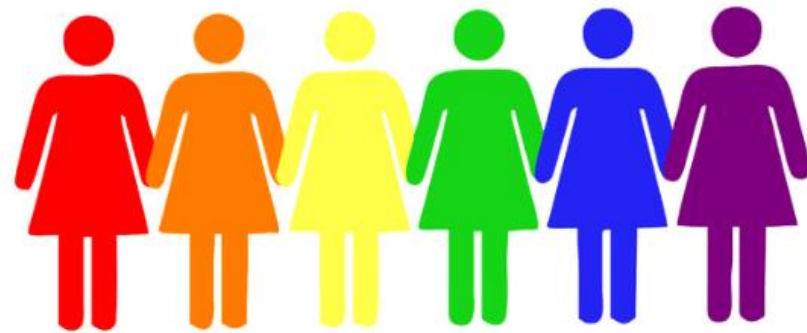


# WHO FACTS on mental health

**FACT: Suicide occurs throughout the lifespan and was the fourth leading cause of death among 15-29 year-olds globally in 2019.**

“We know that poor mental health may negatively impact sexual and reproductive health outcomes, and vice versa. Today, ***depression is the leading cause of disability in girls aged 10-19***, and suicide is the leading cause of death among girls aged 15-19. It is our failure when a girl sees self-harm as the only way to deal with a situation...”

Source: **Flavia Bustreo**, Assistant Director-General  
– Family, Women's and Children's Health: WHO

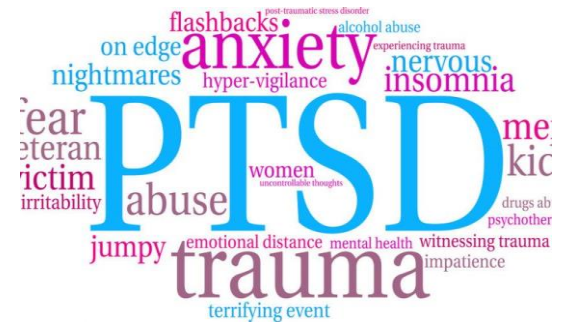




# WHO FACTS on mental health

**FACT: War, disasters and social trauma have a large impact on mental health and psychosocial well-being**

- Rates of **mental disorder tend to double** after emergencies / trauma.
- Violence, poverty, sexual abuse, humiliation and feeling devalued **can increase the risk of developing mental health problems.**
- **Girls are more likely than boys to suffer from discrimination and sexual abuse.**



# WHO FACTS on mental health

**FACT: Human rights violations of people with mental and psychosocial disability are routinely reported in most countries**

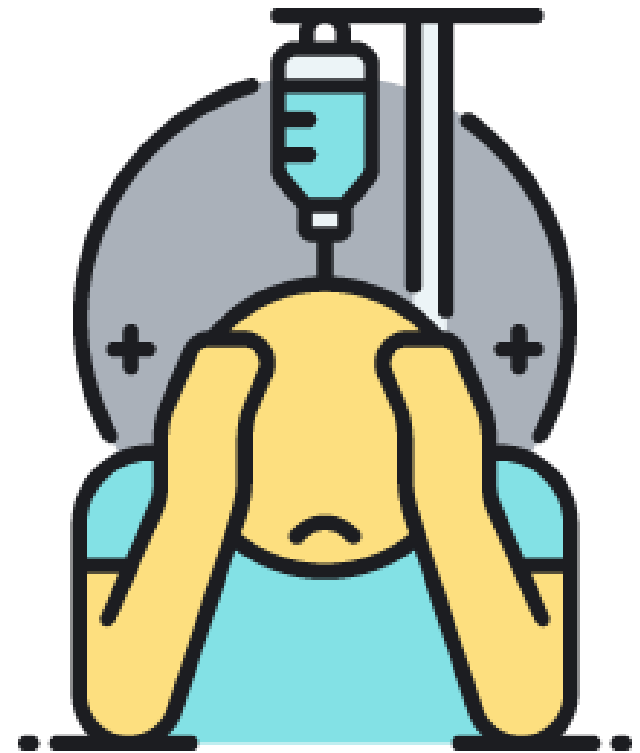
- These include **physical restraint, seclusion and denial of basic needs and privacy.**
- Few countries have a legal framework that adequately protects the rights of people with mental disorders.



# WHO FACTS on mental health

**FACT: Mental disorders are important risk factors for other diseases, as well as unintentional and intentional injury**

- Mental disorders **increase the risk** of getting ill from **other diseases** such as HIV, cardiovascular disease, diabetes, and vice-versa.







# CRAZY stigma

Stigma surrounding mental illness is a key barrier that discourages people from seeking treatment

Stigma associated with the word “Crazy”



**ONE IN THREE**  
South Africans suffer from mental illness.



An estimated **350 MILLION** people worldwide suffer from depression

75%

**75%** of South African mental illness sufferers do not get any help



More **WOMEN** are diagnosed with mental illness than men



Why do you need medication?

# STIGMA

Just pray it away

A mark of disgrace associated with a particular circumstance, quality, or person.

Just sleep

Lazy

Stop feeling sorry for yourself

Get a grip

Stop looking for attention



# What is CRAZY?



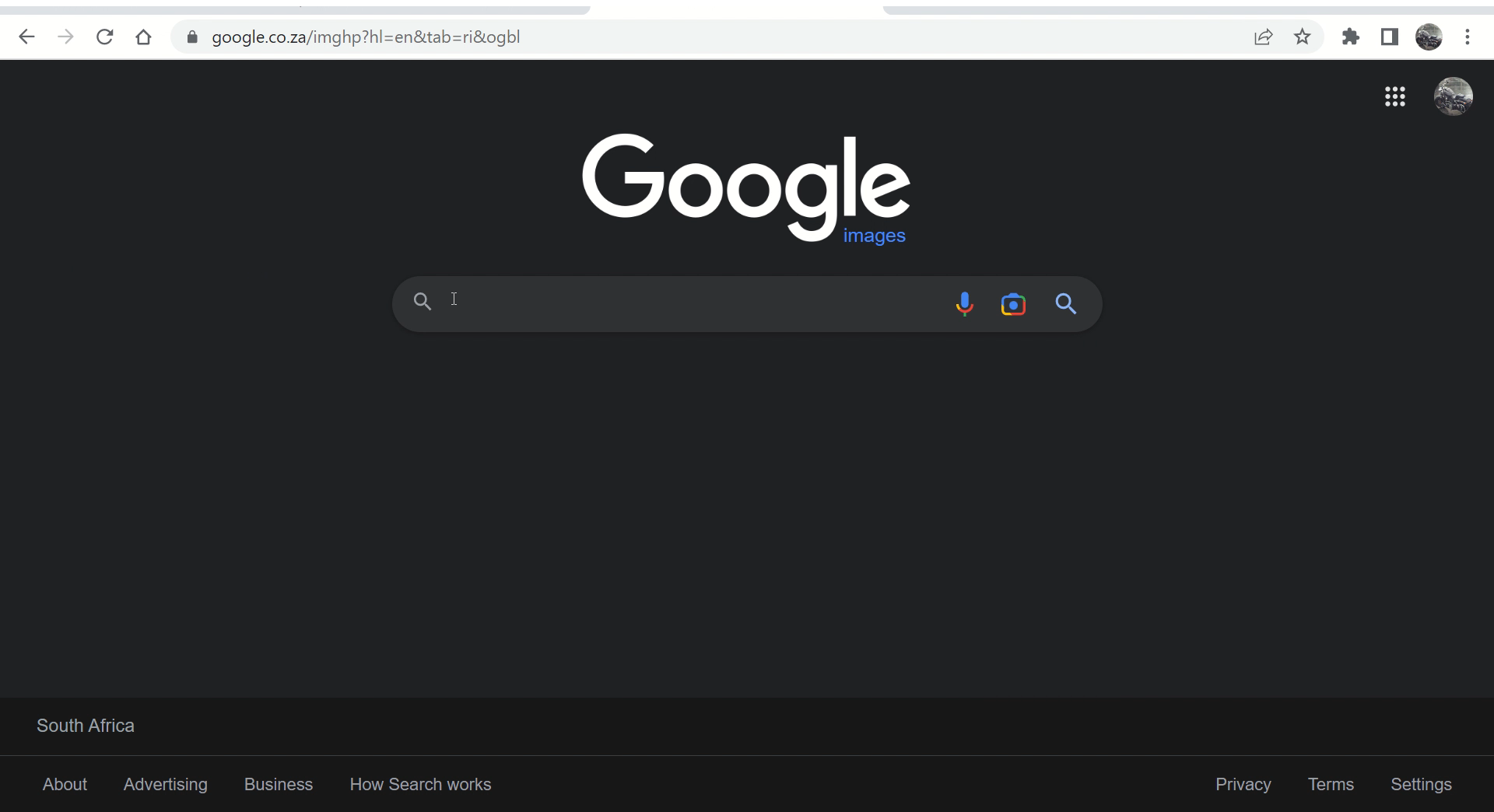
# FIGHTING the CRAZY STIGMA





# Why is STIGMA a thing?

Stigma often comes from lack of understanding or fear. Inaccurate or misleading media representations of mental illness contribute to both those factors.





# What does STIGMA cause?

A reluctance or refusal to seek assistance

- Reduced hope
- Lower self-esteem
- Increased psychiatric symptoms (Irrational thoughts)
- Difficulties with social relationships
- Reduced likelihood of staying with treatment
- More difficulties at work

A 2017 study involving more than 200 individuals with mental illness over a period of two years found that greater self-stigma was associated with poorer recovery from mental illness after one and two years.

# What does STIGMA cause?

- Social isolation
- Lack of understanding by family, friends, coworkers, or others
- Fewer opportunities for work, school or social activities or trouble finding housing
- Bullying, physical violence or harassment
- The belief that you'll never succeed at certain challenges or that you can't improve your situation

# What can be done about STIGMA?

- **Talk openly** about mental health, such as sharing on social media.
- **Educate yourself and others** – respond to misperceptions or negative comments by sharing facts and experiences.
- **Be conscious of language** – remind people that words matter.
- **Encourage equality** between physical and mental illness – draw comparisons to how they would treat someone with cancer or diabetes.
- **Show compassion** for those with mental illness.
- **Be honest about treatment** – normalize mental health treatment, just like other health care treatment.

# Language about STIGMA matters

## Do Say

- "Thanks for opening up to me."
- "Is there anything I can do to help?"
- "I'm sorry to hear that. It must be tough."
- "I'm here for you when you need me."
- "I can't imagine what you're going through."
- "People do get better."
- "Oh man, that sucks."
- "Can I drive you to an appointment?"
- "How are you feeling today?"
- "I love you."

## Don't Say

- "It could be worse."
- "Just deal with it."
- "Snap out of it."
- "Everyone feels that way sometimes."
- "You may have brought this on yourself."
- "We've all been there."
- "You've got to pull yourself together."
- "Maybe try thinking happier thoughts."



FIGHTING the CRAZY STIGMA

**CRAZY**  
for **WALKING**<sup>TM</sup>



# CRAZY for WALKING™

Walk for a cause with  
your family and friends  
at the

Pretoria National  
Botanical Gardens

Sunday 9

October 2022

between 07:00 & 13:00



VISTA

CLINIC  
reaching caring healing

The Leader in Specialized Psychiatric Care

# Mental Wellness - Happiness HELPS





# Happiness HELPS

Help  
others

Exercise

Learn

Play

Spiritual  
growth

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*Happiness*  
**HELPS**

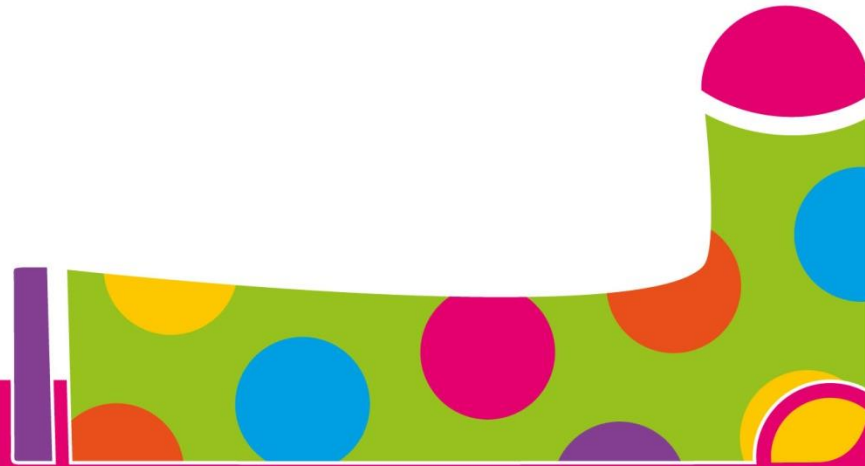
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# Questions/Comments







THANK YOU