



# Reducing the Stigma of Mental Illness: A Report from a Global Association

*Norman Sartorius, Hugh Schulze*

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The stigma attached to mental illness is the main obstacle to better mental health care and the better quality of life of people who have the illness, of their families, of their communities and of health service staff that deal with psychiatric disorders. Stigma is pernicious and there are indications that despite advances of psychiatry and medicine it continues to grow and has more and often terrible consequences for patients and families. In 1996, the WPA began an international programme to fight the stigma and discrimination because of schizophrenia. The 'Open the Doors' programme has since been implemented in more than 20 countries and involved roughly 200 different anti-stigma interventions. This book details the results of these efforts internationally and provides recommendations and guidance for those seeking to join this international effort or start similar efforts to dispel stigma and discrimination.



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