

## Additional Resources for Hard Call: Derailed

### Episode Two

The [National Suicide Prevention Lifeline](#) provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

**Call the Lifeline at 1-800-273-TALK (8255)**

[Mental Health Treatment Services Locator](#): Are you or a loved one experiencing mental illness and looking for help? This is a searchable, web-based database of where to find mental health care and addiction treatment services in your area.

If you are looking for a patient support group for individuals with mental health concerns, [The Depression and Bipolar Support Alliance](#) offers a searchable database of patient support groups and organizations, including online groups.

#### General Resources on Stigma and Mental Illness

A number of articles posted as [resources for episode 1 of Derailed](#) are also relevant to episode 2. In particular, there are a number of good resources on bipolar illness and how it is diagnosed and treated. In addition, if you are interested in seeing the full text of the DSM V criteria for bipolar disorders, it is available for free [here](#).

- [Patient Voices: Bipolar Disorder](#) — Karen Barrow. *New York Times*. 2008. This interactive article gives a voice to the many faces of mental illness, with the candid stories of five patients living with bipolar disorder.
- The BBC News has a set of very brief stories of people describing the effects of mental illness on relationships, by Marie Jackson, in [Mental Health and Stigma: ‘You’re not Alone’](#)
- [Disclosing a Mental Health Condition to Others](#) — This page from the *National Alliance on Mental Illness (NAMI)* offers insight on effective ways to disclose mental illness to family, friends, work, and loved ones.
- [15 Ways to Support a Loved One with a Serious Mental Illness](#) — Advice in *PsychCentral* from Drs. Harriet Lefley and Barry Jacobs on how to be there for a loved one facing mental illness.
- If you prefer to think about mental illness and stigma through laughter, check out comedian Ruby Wax’s TED talk [here](#) (9 min).
- [Dr. Thomas Insel’s talk](#) about mental illness as a brain disease provides a good way to frame conversations about stigma (13 min); he was the head of the National Institute of Mental Health from 2002 until 2015.
- Alyse Schacter talks specifically about [The Stigma of Mental Illness](#) at TEDxUNC (13 min)
- Jeffrey Lieberman asks us to [Imagine there was no Stigma to Mental Illness](#) at TEDxCHARLOTTESVILLE (22 min).
- Rachel Aviv explores anosognosia in *The New Yorker* in her fascinating article, [God Knows Where I Am](#).



Lindsay Holmes argues that stigma is the wrong word for what we're really talking about in her provocative HuffPost piece, [Let's Call Mental Health Stigma What It Really Is: Discrimination](#).

Jon Blistein wrote a short piece about a mental health advocacy group for *Rolling Stone* that includes a video (4 min), [Watch Lady Gaga, Prince William Discuss Mental Health Stigma](#) (2017).

#### More detailed and/or academic articles on mental illness stigma

- The CDC has produced a very brief (1 page) yet detailed documented, [Stigma and Mental Illness](#).
- [Sanism and the Law](#): Sanism is defined as “irrational prejudice against people with mental illness.” This 2013 *AMA Journal of Ethics* article discusses the impact that sanism has on society, particularly focusing on judicial consequences.
- Graham C.L. Davey provides an in-depth description of mental illness stigma and its consequences in this *Psychology Today* article, [Mental Health & Stigma](#)
- [Out of the Shadows: Mental Illness Stigma](#): This 2015 *Economist* article offers an international perspective on mental illness and stigma.
- [The impact of bipolar disorder upon work functioning: a qualitative analysis](#). This 2007 academic research paper, in the journal *Bipolar Disorders*, explored the lives of 35 people with bipolar illness to understand how the illness affected their work lives.
- [The Impact of Mental Illness Stigma on Seeking and Participating in Mental Health Care](#): This 2014 article from *Psychological Science in the Public Interest* reviews the research on stigma and how it affects individual care-seeking behaviors.
- [Trends in News Media Coverage of Mental Illness in the United States: 1995-2014](#). This 2016 *Health Affairs* article provides data linking media portrayals of violence among individuals with mental illness to the continued stigmatization of mental illness.