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.