



Shasta County
**Health & Human
Services Agency**



P R E S S R E L E A S E

FOR IMMEDIATE RELEASE

Date: July 21, 2022

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STAND AGAINST STIGMA LAUNCHES NEW WEBSITE

SHASTA COUNTY— The Stand Against Stigma program announces the launch of its new website, StandAgainstStigma.com. The website supports the Stand Against Stigma program that reduces the stigma and discrimination experienced by people living with mental health and/or substance use challenges. The program, along with the new website, raises community awareness and promotes early intervention with treatment.

“This website addresses the myths surrounding mental health, suicide and substance use recovery,” says Christopher Diamond, Community Education Specialist. “Stigma plays a significant role in the delay in seeking treatment. We invite people to use the website as a resource to take care of their mental wellbeing, learn how to support others and become empowered to fight stigma. All of us together improve the health of our community, overall.”

The website provides the community with a basic knowledge of stigma and its impact on recovery, including how stigma interferes with people receiving treatment. There is also information on stigma related to people living with mental illness, substance use challenges, and suicidal ideation and suicide loss, as well as people experiencing homelessness.

One of the website’s noted features is Brave Faces—a portrait gallery and speaker’s bureau using true stories of hope and recovery to fight stigma. Other features include creative community events, resources and crisis support.

StandAgainstStigma.com is different than other mental health websites. It takes what is known about mental health recovery and packages it for local use. The website promotes community-based mental wellness resources available to everyone, regardless of their insurance. For some, it fills the gap between treatment appointments and supplements what people learn in counseling. Resources include information on wellness centers, peer and family support, and trainings such as Mental Health First Aid.

In the future, the website will house the Minds Matter podcast, as an additional way to fight stigma. The podcast will host a series of insightful and provocative conversations, delving into the world of mental health and stigma.

Stand Against Stigma is sponsored by Shasta County Health and Human Services Agency in conjunction with our many community partners and advisory boards. Funding for this project is provided through the Mental Health Services Act.

To learn more about Stand Against Stigma, go to StandAgainstStigma.com. For more information, contact Christopher Diamond at cdiamond@co.shasta.ca.us or call (530) 229-8484.

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