

# Anti-Stigma and Discrimination Workshop

## Welcome to Virtue Healthcare Education

The Anti-Stigma and Discrimination workshop looks at the negative impacts of stigma and discrimination for people experiencing mental illness. Stigma and Discrimination is one of the biggest barriers to recovery. It can stop people from seeking treatment that they need or talking about issues they might be having due to fear of being discriminated against. Stigma and Discrimination leads to isolation and social exclusion which further negatively impacts on a person's mental health.

We will look at the importance of why changing attitudes and stopping discrimination is crucial to creating positive outcomes for people experiencing mental health issues.

## Training Outcomes

Trainee's will learn

- Understanding stigma and discrimination
- Examining the impacts of stigma and discrimination
- Changing personal and social attitudes
- Strategies to reduce discrimination

## Location

We come to you! Depending on your circumstances we offer on-site training or local workshops. Contact us if you would like to organise on-site training or to see when the next workshop is happening in your area.

## Our Workshops

Our workshops allow participants to learn in a structured and enjoyable environment. Content is up-to-date and specifically tailored to be relevant for the trainees and the environment that they work in. Workshops are designed to be entertaining and interactive to maximise learning outcomes and cater for different learning styles.

**If you have any questions about this workshop or this brochure please do not hesitate to contact our workshop organizer**

Ben Tairea

Mobile: 022 6990253

Email: [ben@virtue.net.nz](mailto:ben@virtue.net.nz)

Virtue Health Care Education Ltd.

Website: [www.virtue.net.nz](http://www.virtue.net.nz)

## QUICK INFO

**Duration:** 1 full day workshop

**Workload:** 9.00am – 4.00pm

**Cost:** \$100 + GST (per person)