# Recommendations from the Lancet Commission on ending stigma and discrimination in mental health

# **Employers**

Promote full access to educational opportunities, work participation, and return-to-work programmes for people with mental health conditions

# **Policy makers**

Governments to implement specific policies, and international organisations to issue guidance, that aim to reduce and eventually eliminate stigma

# All media organisations

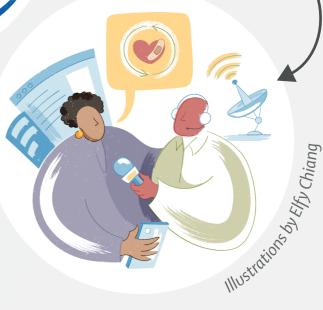
Remove stigmatising content, and issue policy statements and action plans on how they will actively promote mental health and consistently contribute to the reduction of stigma and discrimination











### People with lived experience of mental health conditions

Should be central to all these actions, and be empowered and supported to play active roles in stigma reduction efforts

# **Key findings of the Commission**



The consequences of stigma violate basic human rights eg, reduced job and education opportunities and access to health care, including mental health care



Stigma can be reduced through social contact between people who do, and who do not, have lived experience of mental health conditions



People with lived experience of mental health conditions should be empowered and supported to play active roles in stigma reduction efforts

Mental health is part of being human—let's act now to stop stigma and start inclusion

### Read the full Lancet Commission for more details

Thornicroft G, Sunkel C, Alikhon Aliev A, et al. The Lancet Commission on ending stigma and discrimination in mental health. Lancet 2022; published online Oct 9. https://doi.org/10.1016/S0140-6736(22)01470-2.

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