



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






**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](https://doi.org/10.1016/S0140-6736(22)01470-2).