

FAQ

What is Stigma Free OC, who runs it and where can I learn more?

Stigma Free OC is a countywide movement that aims to remove the stigma associated with mental illness and substance use disorders. It's focused on creating an environment where people are supported in their efforts to achieve wellness and recovery. The Orange County Health Care Agency (HCA), in partnership with the Mental Health and Alcohol and Drug Advisory Boards, coordinates Stigma Free OC. You can learn more at StigmaFreeOC.com.

Why is the Stigma Free OC campaign important during this time of COVID-19 and beyond?

During this time, many people may be feeling anxiety, worry or fear related to the pandemic. Everyone reacts differently to stressful situations, and the fear around COVID-19 can worsen pre-existing and existing mental health and substance use concerns or create new ones. It's important that everyone feels safe and supported to reach out for help.

Why should my organization or business pledge?

Each pledge brings us one step closer to achieving a Stigma Free OC. In order for those with mental illness or substance use disorders to feel supported and seek help without fear or shame, the community must work together to create an environment of acceptance and understanding.

What do you need from me/my organization or business to be involved?

Start by taking the pledge. Share your pledge certificate, the toolkit materials or the link to the StigmaFreeOC.com website with other people in your organization or business. Encourage them to learn more about the movement and take the pledge, too.

How will this benefit my organization or business?

When your organization or business takes the pledge to be Stigma Free, you're letting the community know that you're an accepting and safe place where everyone can feel welcomed and supported. After taking the pledge, your organization's name will appear on the StigmaFreeOC.com website as a supporter of this effort.

I want to do more with the campaign, what can I do?

Help promote our mission of becoming a Stigma Free OC by checking out our toolkit! You can expand the awareness of the movement with tools like action plans, social media content, and other customizable materials like posters and certificates at StigmaFreeOC.com/toolkit.

For more information, contact Deb Prieto at debbie@holmesassoc.com.

StigmaFreeOC

