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Stigma of the Mental Patient

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Introduction: Mental disorders are defined as changes in thinking, feeling, inadequacy or impairment of psychological and social functioning. The adult population has about 50% probability of suffering of at least one episode of mental illness during their lifetime. The bearer of mental illness is seen as a different individual, unable to perform certain functions and even as a threat to society, conditions that increase their personal suffering, the fear of being rejected, despised and undervalued leading to its progressive social exclusion. Discriminatory attitudes undermine the harmonious coexistence among all, in our daily lives. The distortion and lack of information about mental illness can cause increasing stigma. Patients attempt to hide their problem for fear of being left out in different areas of your life.

Action Plan: The demystification of incurability, dangerousness and disability of mental patients should be a priority. To change the way you think and see the other, we should meet the primary objectives: emancipation of the patient with mental disorder; reduction of discrimination and stigma; improvement of individual social competence and creating a social support system for long duration.

Conclusion: The fact that we ignore our ghosts does not eliminate them. There should be made an effort to improve inclusion and not exclusion. The entire community is to be responsible for the rehabilitation and cure of the mental patient.