WHY PEOPLE DO NOT ASK FOR HELP FOR THEIR MENTAL ILLNESS:

2004 World Health Organization

Fear and shame

One of the most common reasons for not seeking help is fear and shame. People recognize the negative stigma and discrimination associated with having a mental illness and don’t want to be labeled “mentally ill” or “crazy.” They may also have concerns about how such a label could negatively impact their career, education, or other life goals.



In the recently completed WPA stigma project from India, conducted in four cities with 463 ill persons with schizophrenia and 651 family members. Two thirds reported discrimination. Women were more stigmatized, as well as those living in urban areas. There were fewer stigmas and more acceptances in those with limited literacy. Males experienced greater discrimination in the job area, while women experienced more problems in the family and social area. Relatively high experience of subtle discrimination (decreased love, avoidance, rejection, distance, excessive caution) was reported in the family area. The differing types and areas of stigma emphasize the need to consider the 'local' experiences.

Mayo Clinic Staff May 14, 2017

Some of the harmful effects of stigma can include:

Reluctance to seek help or treatment

Lack of understanding by family, friends, co-workers or others

Fewer opportunities for work, school or social activities or trouble finding housing

Bullying, physical violence or harassment

Health insurance that doesn't adequately cover your mental illness treatment

The belief that you'll never succeed at certain challenges or that you can't improve your situation

**Attitudes Toward Mental Illness --- 35 States, District of Columbia, and Puerto Rico, 2007**

**May 28, 2010 / 59(20); 619-625**

Negative attitudes about mental illness often underlie stigma, which can cause affected persons to deny symptoms; delay treatment; be excluded from employment, housing, or relationships; and interfere with recovery.

WebMD

The stigma of [mental illness](http://www.webmd.com/mental-health/default.htm) still exists, even though society has become more accepting and understanding of mental health issues in recent years.

Social isolation can be a negative side effect of the stigma linked to mental illness.