This video has been made to raise awareness of mental health conditions and end stigma.

The people featured in these videos are your colleagues.

I know someone who has experienced it.

I have experienced it.

I have experienced it.

I know someone who has experienced it.

One in five Australians will experience a mental illness each year.

In other words, mental illness exists in our community.

Let's end the stigma of mental illness together.

Matthew Payne: Following the birth of my first daughter, I suffered from depression and anxiety.

Elise Clements: I remember this one point I was getting quite bad. I reached out to someone to talk through my experience. Their response: You're usually so strong at this. Why are you letting the little things get to you?

Will Jenkins: When your mother refuses to look at you or talk to you and your father calls you unnatural and an embarrassment. It resonates with all those negative things that you are feeling and that can take you to some really dark places.

Tess Calopedos: Initially, he started getting feelings, strong feelings, bad feelings that he had felt before but not to that extend and not to that duration.

Will Jenkins: The stigma about mental ill health means that sometimes LGBTI people don’t recognize or admit to themselves that they’re struggling.
Tess Calopedos: Initially, he did reach out for help but the person he spoke to wasn’t able to fully understand where he was coming from and just told him that people shouldn’t feel like that. That you’re just having a bad day.

As a result of stigma, many people who would benefit from mental health services often do not seek treatment for fear that they will be viewed in a negative way.

Without stigma, I believe I could have gotten help sooner and that would have been a benefit to me and my family and all those around me.

I’d like to think that without the stigma, I could have had that conversation without any judgement and I could have got the help that I needed.

If there wasn’t a stigma about mental ill health, LGBTI people wouldn’t have the suicide rate 14 times that of the non LGBTI population.

Maybe if he reached out and got the help he needed, he wouldn’t have died. He committed suicide.

This has to stop.

#Stop Stigma