

***Let's Talk About It: Identifying and Responding  
to Mental Health Stigma***  
*presented by Angela Willits*

**Thursday, September 19, 7:00 pm**  
**Stoughton Public Library**

**Thursday, October 3, 7:00 pm**  
**Belleville Public Library**

**Thursday, November 7, 7:00 pm**  
**Waunakee Public Library**



What is stigma? What creates stigma? Can you recognize mental health stigma? Why is mental health stigma a problem? What can we do to reduce mental health stigma? Mental illness stigma comes in many forms. Exclusion, silence, and labeling are just a few. Through self-reflection, discussion and interactive exercises, learn about how you can recognize mental health stigmas, what happens when people are stigmatized, and what you can do to help reduce the resulting problems.

1.5 CEH/0.15 CEUs Provided (Please RSVP to [crshaffer@blackearthlibrary.org](mailto:crshaffer@blackearthlibrary.org) to register for this option at least 24 hours in advance of the presentation.)

If you need accommodations to attend this program,  
please contact the location two weeks in advance.



For more information about this  
program series, please visit  
[www.beyondthepage.info](http://www.beyondthepage.info).



**“Let’s Talk About It” is part of “What We Are Going Through:  
Listening to Mental Illness”: April, 2019 – March, 2020**

Explore the intersection of culture and mental illness through film, speakers and book discussions in hopes of increasing awareness and sensitivity to mental health issues and reducing the pervasive stigma attached.