

Enhancing stigma resilience and recovery using the individual's context

Public stigma, self-stigma and structural stigma are often a big problem for people with mental illness in recovery and reintegration. To reduce the negative impact of stigma on the individual's life, it is necessary to develop and implement collective and individual strategies and interventions.

In designing these interventions, it is essential to consider the individual's context. This context can hinder and/or help recovery. It can destigmatize or be a source of stigma. By developing stigma resilience, the individual can recover despite stigma experiences. Demystifying mental illness in the individual's environment is of great importance as well.

There are various ways in which experiential expertise can be understood and implemented. In a mental health care that is changing, attention for lived experience of people with mental health problems should increase. Experiential knowledge is an important resource of people that have experienced or are experiencing mental health problems. Experiential knowledge can also contribute to research.

I will talk about recovery, stigma and interventions and focus on how lived experience can contribute to research and novel approaches of treatment and care.

Keywords: stigma; recovery; context; lived experience