Resources and Links

Here are some resources to help you learn more about stigma, especially as it relates to substance use disorders and other areas where stigma exists.

- One of the best ways to reduce stigma is through education. To learn more about stigma itself, click here to view a video on stigma and how to begin reducing it in your community
- Sometimes we stigmatize others, and other times we are on the receiving end of stigma. There are still other times that we stigmatize ourselves. Click here to learn more about the signs of self stigma.
- If you would like to take a quick stigma-free test to look at where you may stigmatize in other areas beyond substance use disorders, click here. This self-assessment by the Stigma-Free Society will rate your awareness, understanding, and acceptance across multiple groups that are often stigmatized. It does require an email address and asks a couple demographic questions as part of the assessment process.
- Project Implicit is an Implicit Association Test (IAT) which measures the strength of your stereotypes and biases in over 90 topics. Click here to create an account. Once you are registered, you will be randomly assigned one of the several available IATs. You are welcome to take as many tests as you like, some of which include behavioral health topics.
- If you want to learn more about terms related to addiction, to begin using more destigmatized language, you can click here to look at the "Addictionary."
- Mental health and addiction are both heavily stigmatized and often co-occurring, meaning a person has one or more mental health disorders while also having a substance use disorder. Click here to see if you speak stigma towards mental illness without realizing it.
- For a list of preferred words to use when talking about addiction, click here.

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