Learn More

Below you will find a series of links that offer more information on stigma and its impact on people with an addiction. Click on each link to learn more about how to help reduce stigma in your community.

The words we use make a difference! The "Addictionary" is a great resource to better understand the terms and language used when talking about addiction and how some words are more stigmatizing than others.

https://www.recoveryanswers.org/addiction-ary/

National Institute on Drug Abuse (NIDA) has a list of stigmatizing words and offers better word choices along with reasons why each word is stigmatizing.

https://nida.nih.gov/nidamed-medical-health-professionals/health-professions-education/words-matter-terms-to-use-avoid-when-talking-about-addiction

This link at Families Against Narcotics, will take you to 2 different workbooks:

- "I'm still a person – the stigma of substance use & power of respect" is a great resource for anyone wanting to learn more about stigma related to substance use.
- The second workbook which uses the same name, is focused on college and graduate-level students along with professionals. Both can be a great resource to use at a coalition or stigma training event in your community.

https://www.familiesagainstnarcotics.org/stigmaworkbook

The Centers for Disease Control and Prevention (CDC) has a website on how to reduce stigma with information to better understand addiction and how to support people in recovery.

https://www.cdc.gov/stop-overdose/stigma-reduction/index.html#cdc_generic_section_6-resources

The Stigma Free Society, which focuses more on mental health stigma, has a web site with additional information that explains what stigma is, its effects, and offers ideas on how to live stigma-free. It also has a Stigma-Free Tool to assess your current perceptions.

https://stigmafreesociety.com/stigma/#what-is-stigma

SHATTERPROOF has a short video that explains the impact of stigma on a person with lived experience and offers alternative words that remove judgment and stigmatizing labels.

https://www.shatterproof.org/our-work/ending-addiction-stigma/change-your-language

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