FUCK

"stigma"

Tell it like it is...

discrimination

Understanding "stigma" is simple. Stigma is when I ask for help and you tell me I'm broken and have to do exactly what you say. Stigma is when I tell you the treatment hurts yet you tell me I need more treatment... Stigma is when your drugs kill my child and you say I'm making it up... Stigma is when I tell you I don't like being strapped down and you sit on my chest and strap me down... Stigma is when I have different ideas than you - and you say that's a symptom of my illness... Stigma is when you when you don't understand me yet you say I'm the one lacking insight... Stigma is when I get shot by police for getting frustrated and confused when they yell at me - but that's ok... Stigma is when you get forgiven for behaving like an asshole and I get a 21 day stay, electroshock and a CTO... Stigma is when you lock me in isolation and call it "treatment"... Stigma is when I say I don't like your idea of help and you say that's a symptom of just how much I need your help... Stigma is when you're scared but I'm the one who needs treatment... Stigma is when I ask for your help and then end up living in poverty with brain damage, diabetes and heart disease and excluded from society... Stigma is when you worry about me getting well because then you would have no job... Stigma is when me needing your help is more important than me getting well... Stigma is when a bunch of you hold me down so you can inject me with something that will make me ill... Stigma is when I tell you I'm scared and you tell me its not real... Stigma is when you tell me I am a chemical imbalance and that I will never recover... Stigma is when you tell everyone that in order for them to be safe then I must put toxic chemicals in my body every day... Stigma is when you don't listen but tell me what's wrong with me... Stigma is when you see me as a problem- not a human being... Stigma is when you blame me for not asking for help when clearly, so often, the "help" simply sucks. why do 1 in 3 not ask for help? Well, would you??