Positive Choices
Drug and Alcohol Information
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Webinar

# Webinar: Understanding stigma - creating a safe supportive environment for Australian young people




**Evidence ratings:**

This resource has undergone expert review. See our Help/Q&A section for more details.

**Year:**

**Targeted Drugs:** Alcohol, Drugs (General)

**Tags:**

**Origin:** Australian

**Cost:**
Free

## Attachments

Understanding Stigma Webinar Slides Understanding Stigma Webinar Transcript

## Developers

Dr Steph Kershaw, the Matilda Centre for Research in Mental Health and Substance Use at the University of Sydney.

## Available

1 hour webinar recording and handout, available on demand.

## Summary

Stigma is often associated with mental health and drug use disorders, and can have lasting impacts including harassment, bullying and preventing young people from seeking help. Presented by Dr Steph Kershaw, this webinar is for school staff, parents, and any health professionals working with young people who are interested in learning more about stigma and its impacts, along with evidence-based strategies to reduce stigma and discrimination.

## Expected Benefits

This webinar will provide:

- Information about what stigma is, and the different types that exist.
- Research on the stigma associated with mental health and substance use disorders and its impacts.
- Practical evidence-based strategies on how to reduce stigma associated with mental health and substance disorders.

## Evidence Base

This webinar was developed by Dr Steph Kershaw at the Matilda Centre for Research in Mental Health and Substance Use, University of Sydney. It was informed by a review of research evidence on this topic.

(Webinar conducted on 21/06/23)

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