



Mental Health: Tackling the Stigma

Create Hope in the World District Conference

IS IT A CRISIS? LET'S CONSIDER



615 million worldwide
are living with a
mental health
condition



60 percent do not get
the support they need



\$1 Trillion in costs to
the global economy
from loss of
productivity due to
depression and
anxiety

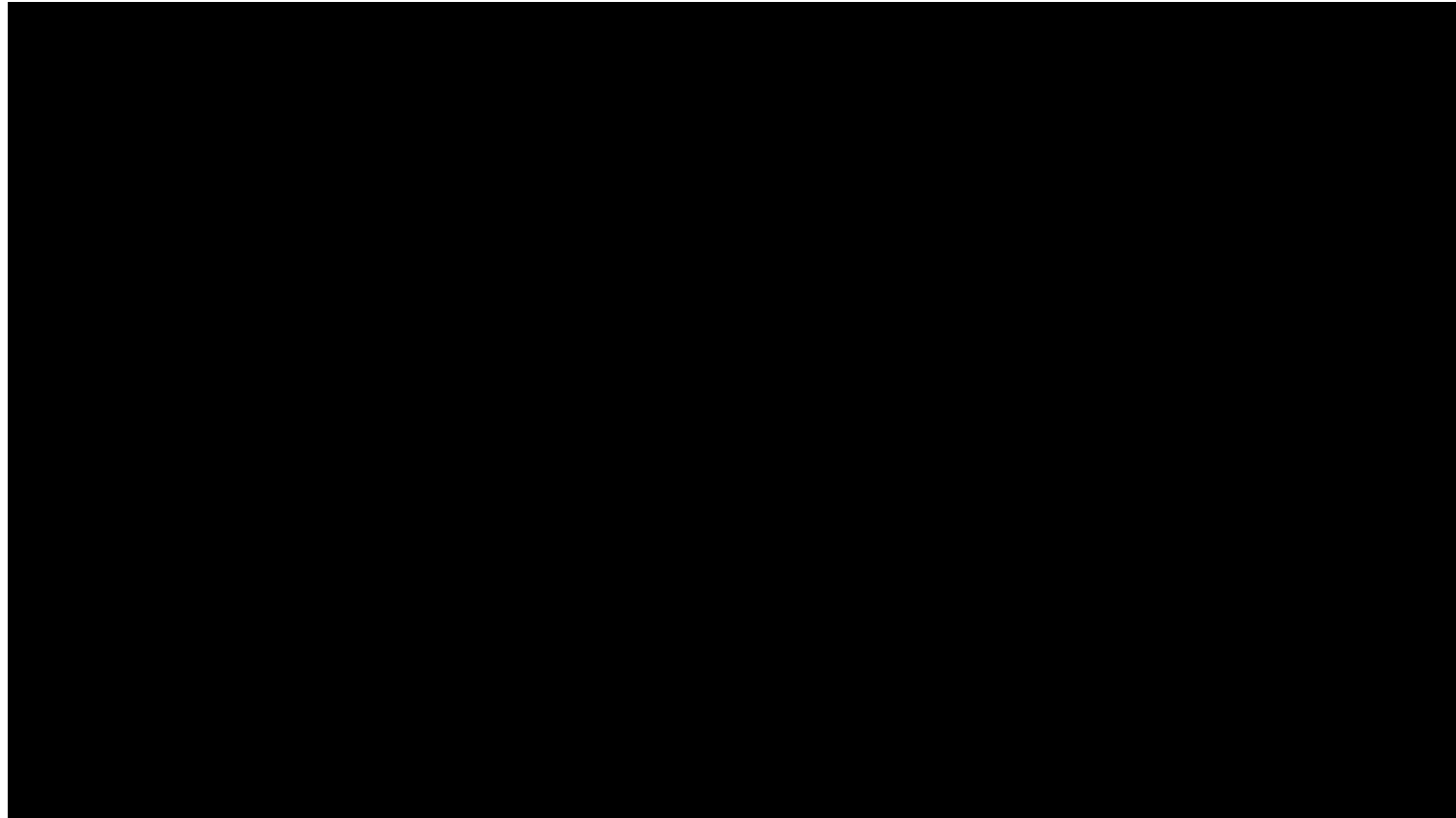
IN THE USA



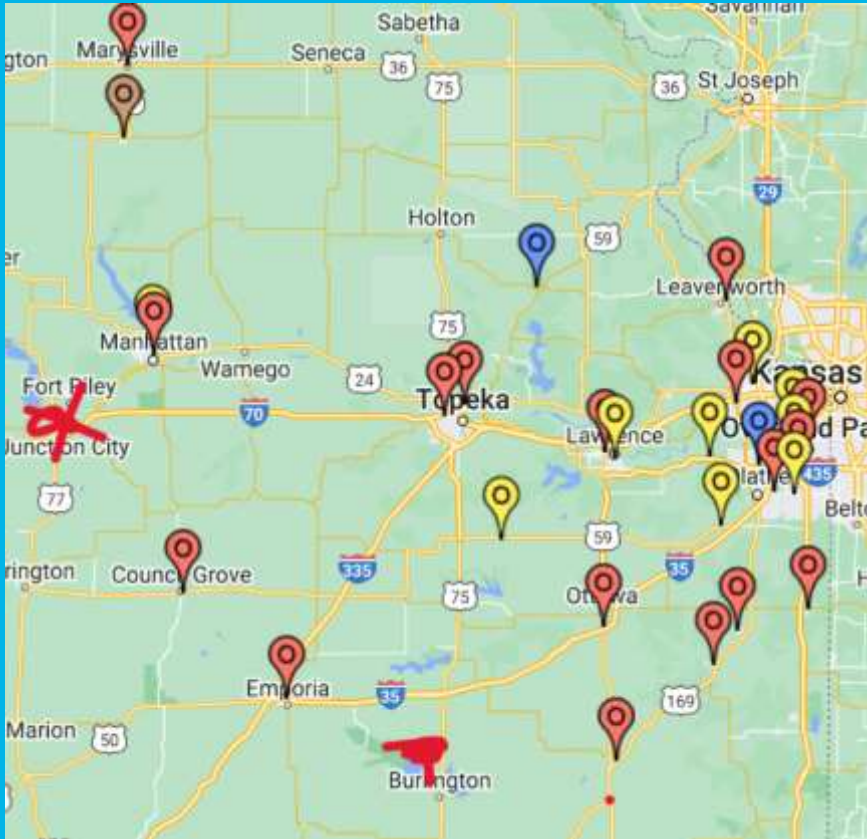
Mental Illness – 65M Americans
Cancer (All) – 15.7M Americans
HIV/AIDS – 1.1M Americans
Diabetes – 34.2M Americans
Flu – 35.5M Americans
Heart Disease – 30.3M Americans

Source: [Crisis \(projecthealthyminds.com\)](https://projecthealthyminds.com)

WHAT CAN ROTARY DO?



HOW CAN DISTRICT 5710 ERASE STIGMA?



1,900+
members

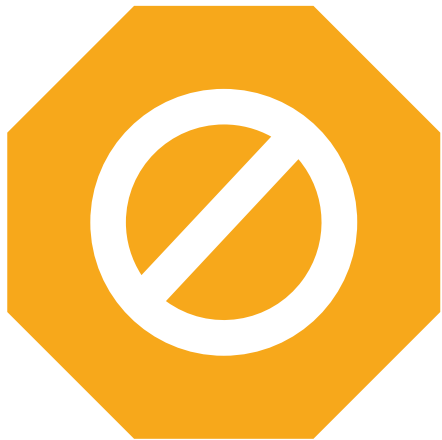
1,000s
Service
hours

41
Clubs

MENTAL HEALTH INITIATIVES - RAG



 SCAN ME



Breaking Stigma



Raising Awareness



Increasing Capacity

What's our Reputation?

I Needed Support



My Hope for the Year

Dream Audacious Goals

Engage newly established a Mental Health Taskforce

Create opportunities for short and long-term projects

Collaborate and learn from one another



CREATE HOPE
in the **WORLD**

Rotary



BRAINSTORMING SESSION, GROUP 1

- Research what is really needed
- Talk about topic more in club meetings – Mental Health First Aid
- Build trust – how do we do that?
- Define Mental Health
- Support children programming
- Involve Interact
- Connect with fellow Rotarians
- Be kind humans – Start with one thing

BRAINSTORMING SESSION, GROUP 1

CONT

- Educate people about how to reach out
- Community resources – make them easy at hand, shareable and answer, “where can I turn for help and support?”
- Target business leaders
- Use club public relations tools to share the need and purpose
- Create a 4-Way test for mental health
- Mentoring program for at risk teens
- Expand the Zero Reasons Why program – Johnson County

BRAINSTORMING SESSION, GROUP 2

- Build trust
- Eliminate “Smile Through it”
- Learn about and share information about Mental Health programs
- Make Rotarians more relatable – stop using filters or masks
- Share our stories x 2
- Look for opportunities to serve
- Define mental health – long and short term needs
- Use social media tools
- Offer Mental Health First Aide community course

BRAINSTORMING SESSION, GROUP 2 CONT

- Involve Interactors and Roteractors
- Be honest about our own stories
- Remind ourselves and club members that “it is okay to be uncomfortable.”
- Project genuine friendship
- Give others your time
- Make Mental Health a topic at RYLA
- Be careful in the words and terms we use
- **Lean into a problem to reduce its power and stigma**

Our challenge

“Create Hope in the World” by continuing to do what we do best – by remaining open and willing to change, by keeping our focus on building peace in the world and within ourselves.

- RI President Gordon McInally



**CREATE HOPE
in the WORLD**

