

# Stop the Stigma

By Mary Hopkins

I would never blame the parents or family of a person who develops kidney disease.

I would never describe a person with Multiple Sclerosis as emotionally weak.

I have never heard a newscaster describe a violent criminal as slightly asthmatic.

I have never heard that a person with Arthritis has a diminished learning and mental capacity.

I have never asked a Cancer patient to “snap out of it”.

I would never fear a Diabetic because they might be contagious.

I would never say that a person with Leukemia is to blame for their own illness.

I would never go to a theatre to watch a movie based on the unusual antics of a person with Cerebral Palsy.

It is after all the start of the new millennium, and we are far more knowledgeable and sophisticated than ever before. I would wager that you would never make these judgments either.

But I live with a Mental Illness and all the above have been attributed to me and others in the same situation.