

Recommendations from the *Lancet* Commission on ending stigma and discrimination in mental health



Key findings of the Commission



The consequences of stigma violate basic human rights eg, reduced job and education opportunities and access to health care, including mental health care



Stigma can be reduced through social contact between people who do, and who do not, have lived experience of mental health conditions



People with lived experience of mental health conditions should be empowered and supported to play active roles in stigma reduction efforts

Mental health is part of being human—let's act now to stop stigma and start inclusion

Read the full *Lancet* Commission for more details

Thornicroft G, Sunkel C, Alikhon Aliev A, et al. The *Lancet* Commission on ending stigma and discrimination in mental health. *Lancet* 2022; published online Oct 9. [https://doi.org/10.1016/S0140-6736\(22\)01470-2](https://doi.org/10.1016/S0140-6736(22)01470-2).