Challenging the Stigma of Mental Illness offers practical strategies for addressing the harmful effects of stigma attached to mental illness. It considers both major forms of stigma: public stigma, which is prejudice and discrimination endorsed by the general population; and self-stigma, the loss of self-esteem and efficacy that occurs when an individual internalizes prejudice and discrimination.

- Invaluable guide for professionals and volunteers working in any capacity to challenge discrimination against mental illness
- Contains practical worksheets and intervention guidelines to facilitate the implementation of specific anti-stigma approaches
- Authors are highly experienced and respected experts in the field of mental illness stigma research