



# SCIENCE CAFÉ

## AT THE

## NATIONAL MUSEUM OF HEALTH AND MEDICINE

Thursday, May 25, 2023, 6 p.m.

### Mental Health Stigma: A Systems Perspective

Mental health stigma promotes a broad array of adverse effects on the help-seeking behaviors of service members living with a mental health condition. The military culture and nature of military service (e.g., deployments, frequent moves, unpredictability, etc.) can create additional barriers to accessing much-needed care and support. While there has been a historic focus on the individual impact of mental health stigma on service members, there is a growing body of research that underscores the need to more adequately address how such stigma affects family members and support systems. Join Liam Westgate, MBA, MSW, LCSW-C, from the Psychological Health Center of Excellence, for a presentation that will discuss the phenomenon of mental health stigma and highlight best practices for supporting individuals living with a mental health condition and their respective support systems.

(U.S Air Force photo by Airman 1st Class Natalie Rubenak)

In person and on: 



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