

The Cambridge Handbook of Stigma and Mental Health

The persistence of stigma of mental illness and seeking therapy perpetuates suffering and keeps people from getting the help they need and deserve. This volume, analyzing the most up-to-date research ways to intervene, is designed to give those who are working to overcome stigma a strong, research-based foundation for their work. Chapters address stigma reduction efforts at the individual, community, and national levels, and discuss what works and what doesn't. Others explore how holding different stigmatized identities compounds the burden of stigma and suggest ways to attend to these differences. Throughout, there is a focus on the current state of the research knowledge in the field, its applications, and recommendations for future research. The Handbook provides a compelling case for the benefits reaped from current research and intervention, and shows why continued work is needed.

DAVID L. VOGEL is Professor of Psychology and Director of the Communication Studies program at Iowa State University. He founded the Self-Stigma Research Collaborative to assist scholars from around the world in conducting cutting-edge research on self-stigma and its relationship with mental illness and help-seeking.

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