

Western University

Scholarship@Western

Inspiring Minds – Showcasing Western’s Graduate Research, Scholarship and Creative Activity

September 2021

Exploring the Experiences of Familial Mental Illness Stigma Among Individuals Living with Mental Illnesses

Joseph Adu

Western University, jadu@uwo.ca

Joseph Adu

The University of Western Ontario

Follow this and additional works at: <https://ir.lib.uwo.ca/inspiringminds>

Citation of this paper:

Adu, Joseph and Adu, Joseph, "Exploring the Experiences of Familial Mental Illness Stigma Among Individuals Living with Mental Illnesses" (2021). *Inspiring Minds – Showcasing Western’s Graduate Research, Scholarship and Creative Activity*. 216.

<https://ir.lib.uwo.ca/inspiringminds/216>

Exploring the Experiences of Familial Mental Illness Stigma Among Individuals Living with Mental Illnesses

While mental illness stigma has been long acknowledged as a social problem it continues to persist, resulting in social exclusion of affected persons globally. My dissertation explores the lived experiences of familial mental illness stigma among individuals living with mental illnesses in Ontario, Canada. This project was borne out of my experiences in supporting vulnerable children and youth in care in St. John's Newfoundland. Familial mental illness stigma, that is stigma against an individual from one's own family, is seldom talked about in literature and the media. This form of stigma is often concealed and can be particularly pernicious due to alienation within one's home environment. Understanding this most hidden form of stigma will support development of policies and interventions towards solutions.