

Informing a national strategy to reduce stigma and discrimination towards people with mental illness that is poorly understood in the community

Researchers from the Centre for Mental Health at the University of Melbourne are carrying out a research project that aims to inform options for a national approach to reducing stigma and discrimination towards people with mental illness that is poorly understood in the community. While we understand that not everyone uses these diagnostic terms, for the purposes of this project, this refers to schizophrenia, bipolar disorder, psychosis, and personality disorders. We are using these terms because we wish to emphasise that the focus should not be on anxiety and depression.

Part of the project involves interviews with professionals in the **education, employment and community service sectors**.

We would like to invite you to take part in an interview.

During the interviews, we hope to focus on the following issues:

1. The role that professionals in your sector can play in a nationally coordinated strategy to reduce stigma and discrimination toward people with a mental illness poorly understood in the community.
2. Key enablers of a stigma and discrimination reduction in your professional group.
3. Key barriers to reducing stigma and discrimination in your professional group.
4. Terminology. Should programs or activities use the term 'mental illness' or specific terms such as schizophrenia, psychosis, personality disorders or bipolar disorder or other terms?

If you agree to participate, we would like to conduct an online interview at convenient time for you. The interview will take about **30 minutes**. Participation is completely voluntary. We understand this is a very challenging time for everyone, and while we would like to interview you in the coming weeks, we are also offering a later option.

We would appreciate if you are also able to recommend others with relevant expertise. Please let us know and we will contact them. Please also forward this email on to anyone appropriate.

If you are interested in participating or require further information or clarification, please contact Judith Wright on wright.j@unimelb.edu.au and she will be in contact with you shortly.