



CT Department of Mental Health & Addiction Services

Discrimination: *a roadblock to* **RECOVERY**



**People with mental health
and/or addiction disorders
face it every day!**




**Before being
hired, I had
to sign a
form stating
that I had
not been
hospitalized
for one year.**

A man wearing a blue long-sleeved shirt, a dark vest, and a light-colored flat cap stands in a doorway. He is holding a white sign with black text. His right hand is on the door handle. The background is a wooden door with a panel design.

**When the
landlord found
out about
my illness,
the apartment
I wanted was
suddenly
rented.**

A man with a goatee and glasses, wearing a dark blue hoodie and blue jeans, stands in a hallway. He is holding a white sign with black text. He has a red and black backpack on his back and is holding a wooden handrail with his left hand. The hallway has white brick walls and a doorway in the background.

**I couldn't
find a study
group at
school -
nobody
wanted the
"crazy" kid.**

A woman with short brown hair and glasses is sitting on a wooden bench. She is wearing a green long-sleeved shirt under a blue knitted vest, and blue jeans. She is holding a white rectangular sign in front of her. The sign has black text. She is also wearing a purple wristband and a ring on her left hand. The background is a plain, light-colored wall with a framed picture on the right side.

**I pay for my
therapy out of
pocket so
there is no
record of my
diagnosis.**

A man wearing a blue beanie, glasses, and an orange jacket is holding a white sign. He is standing in front of a brick wall. The sign contains text about his employment situation.

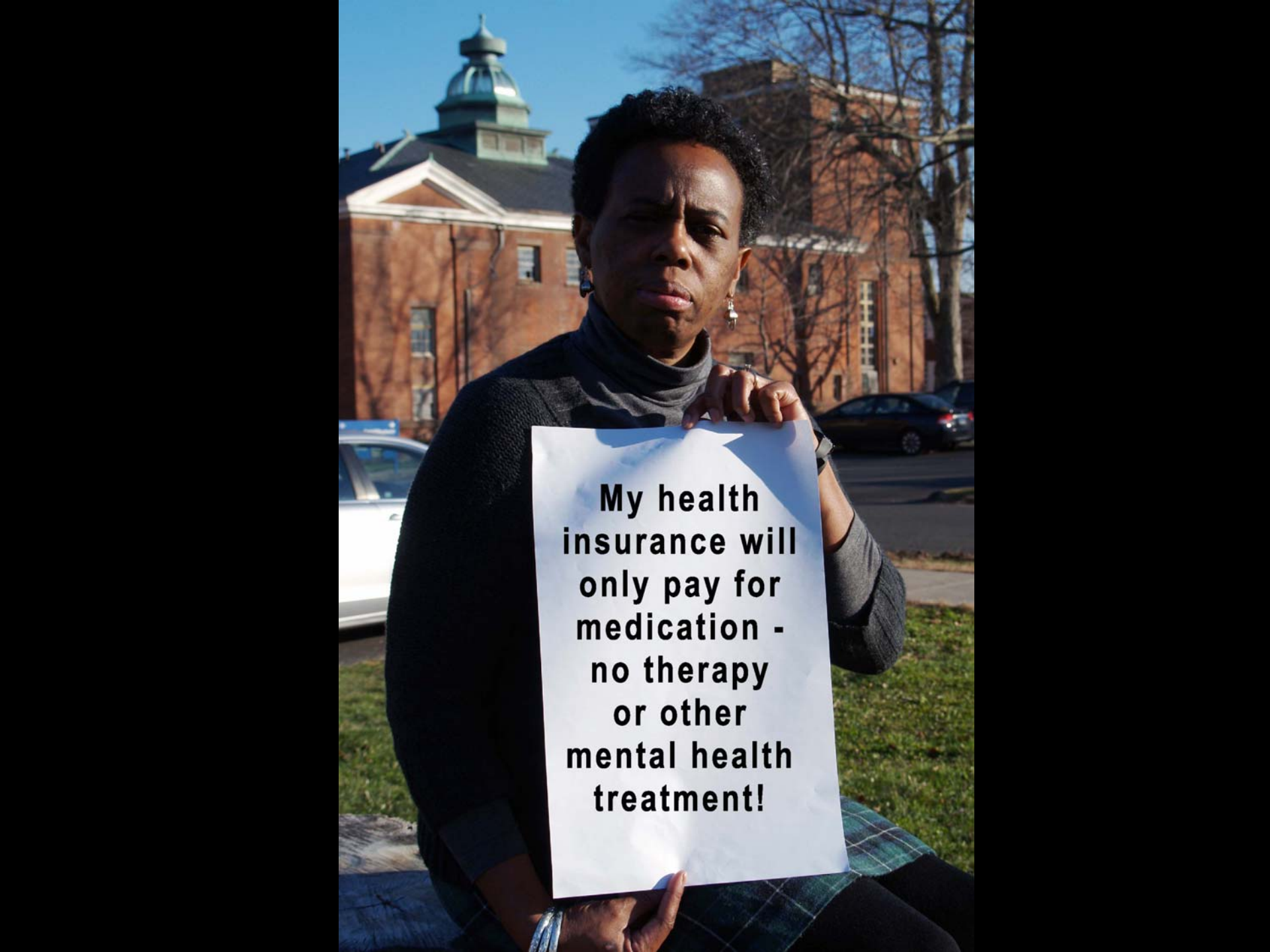
**They told me
that I would
NEVER
work again.
I've had the
same job for
10 years now.**

A woman with dark hair, wearing a bright pink sleeveless turtleneck and dark pants, stands in a hallway. She is holding a white sign with black text. Her expression is serious. She has blue nail polish and a black watch on her left wrist. The background is a plain, light-colored wall with a window frame visible at the top.

**My
insurance
company
refused
to pay for
any mental
health
treatment.**



**I can't find
a doctor
who takes
my insurance
so I have to
use the ER.**

A woman with short dark hair, wearing a grey turtleneck and a dark sweater, is sitting outdoors. She is holding a white sign with black text. In the background, there is a large brick building with a green dome, a blue sky, and some trees. A white car and a dark car are parked on a street behind her.

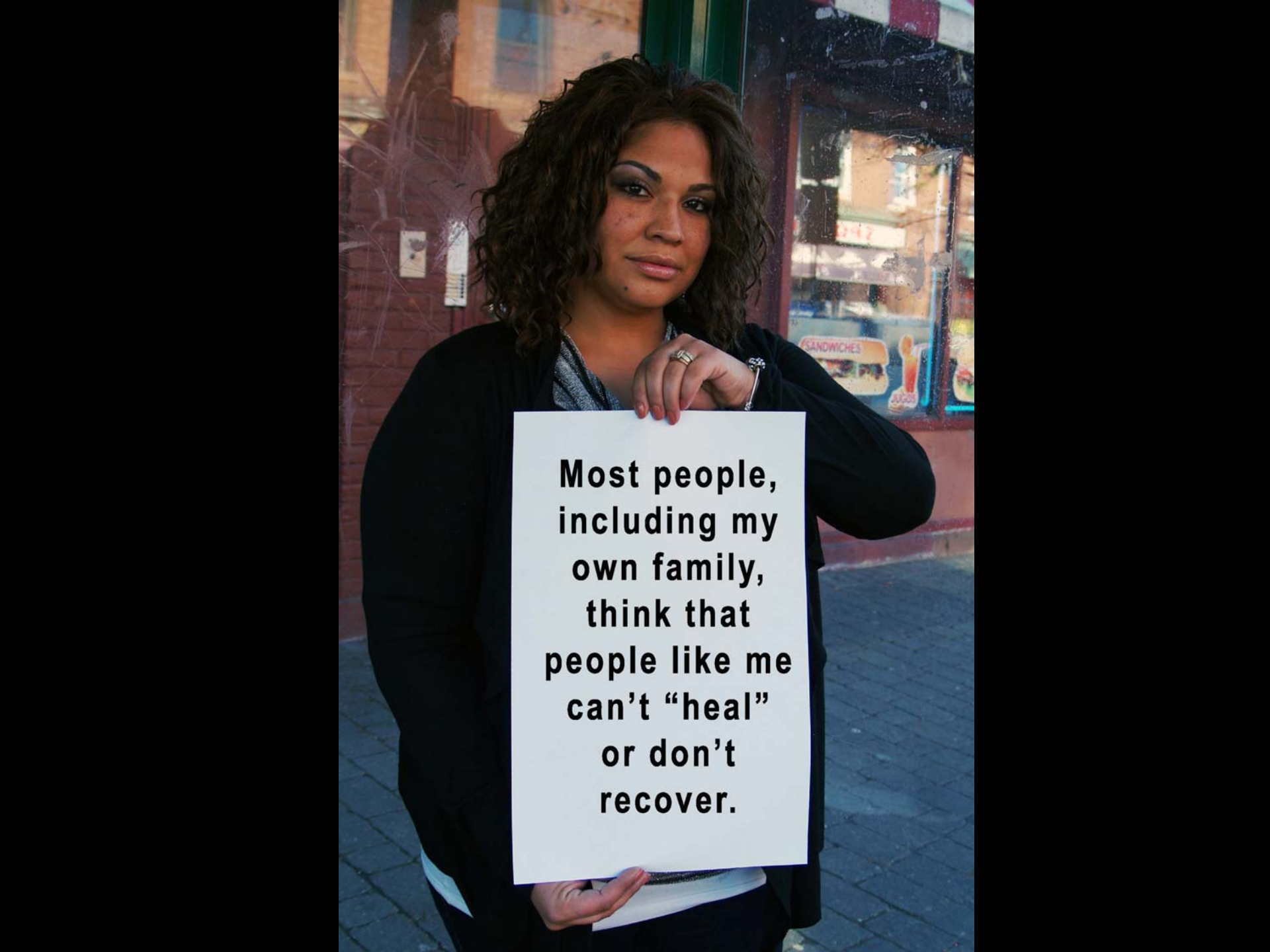
**My health
insurance will
only pay for
medication -
no therapy
or other
mental health
treatment!**




**I'm in recovery
but in my
culture,
being a
"tecato"
(an addict)
is the
worst kind
of insult.**



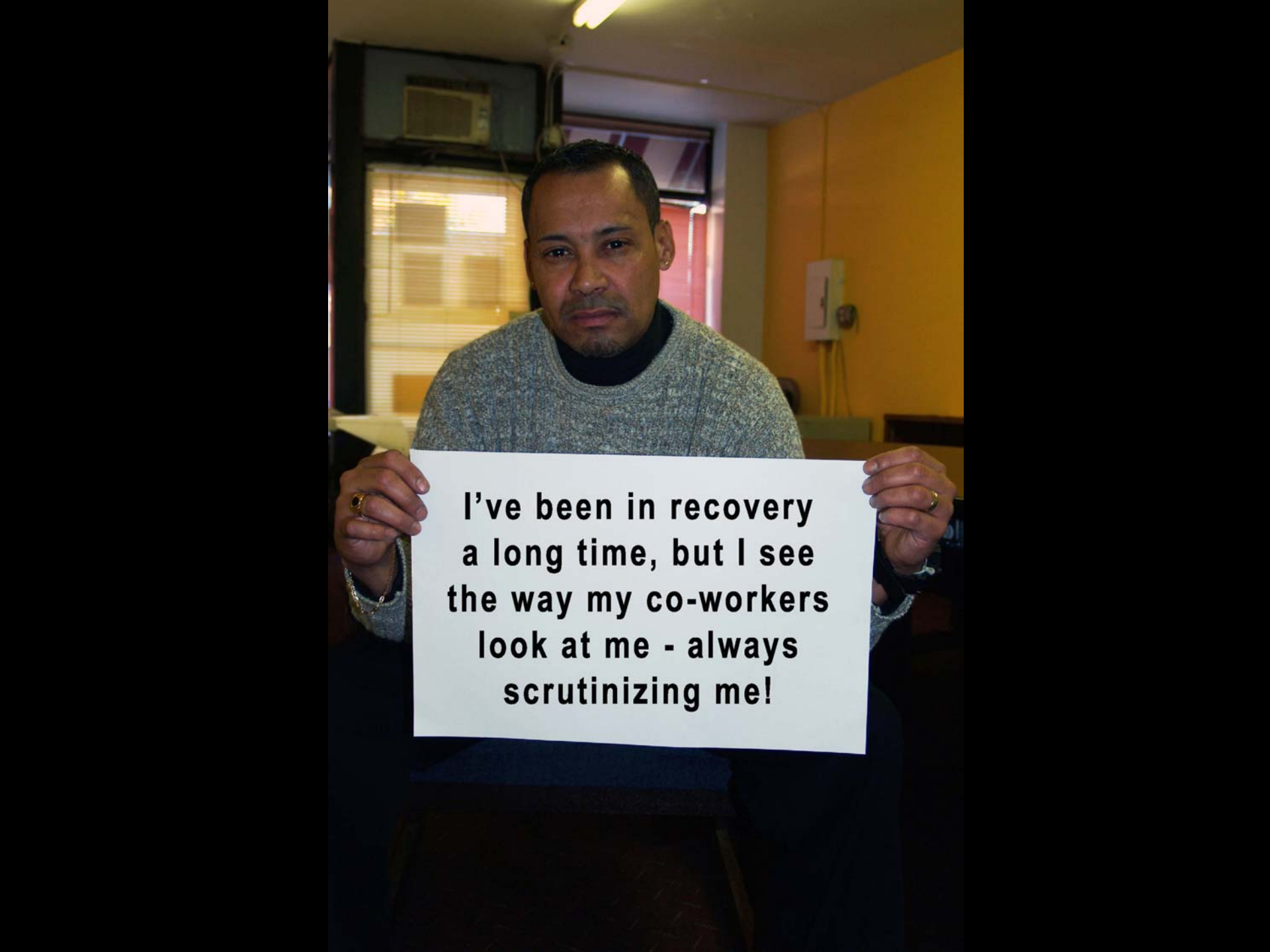
**I've never
hurt anyone,
but I've been
victimized
many times
because of
my illness.**

A woman with dark, curly hair is standing outdoors in front of a shop window. She is wearing a black jacket over a grey top. She is holding a white rectangular sign with both hands. The sign has black text on it. The background shows a brick wall and a shop window with various items on display, including a sign that says 'SANDWICHES'.

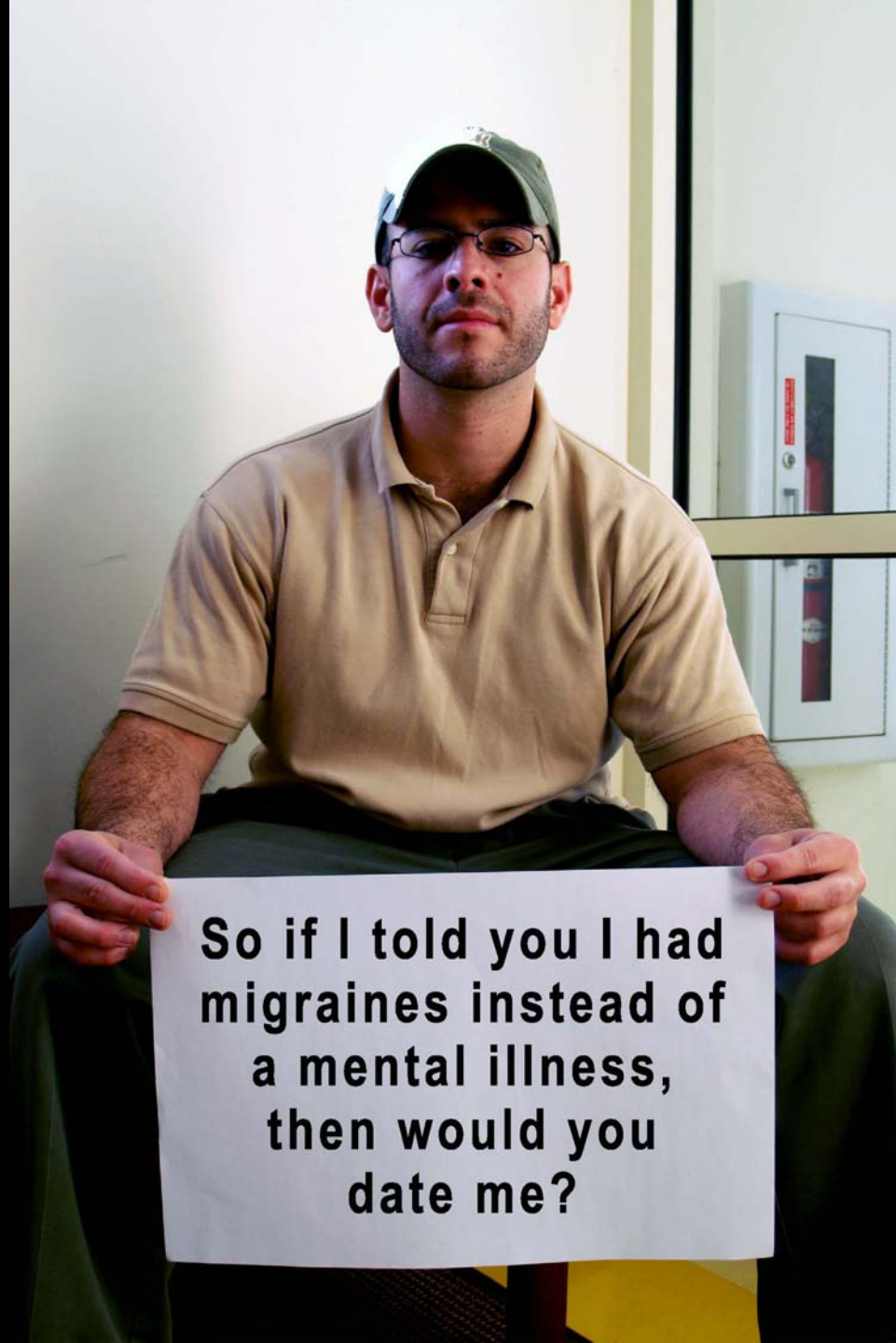
**Most people,
including my
own family,
think that
people like me
can't "heal"
or don't
recover.**

A man with a shaved head and a goatee, wearing a dark jacket, stands outdoors holding a white sign. The background shows a tree and a house. The sign contains the following text:

**People
viewed my
gambling
addiction
as a moral
weakness...
and not a
sickness.**

A man with short dark hair and a goatee, wearing a grey textured sweater over a black turtleneck, is holding a white sign. He is looking directly at the camera with a serious expression. The background is an office with a window with blinds and a yellow wall.


**I've been in recovery
a long time, but I see
the way my co-workers
look at me - always
scrutinizing me!**



**So if I told you I had
migraines instead of
a mental illness,
then would you
date me?**

A man with dark hair and sunglasses is sitting outdoors on a red chair. He is wearing a brown patterned cardigan over a white long-sleeved shirt and blue jeans. He is holding a white rectangular sign in front of him with both hands. The sign has black text on it. The background shows a green bush and a building with large windows.


**My family
wouldn't let
me see my
kids, and
now my kids
are ashamed
of me.**

A young woman with glasses and a tie-dye shirt is sitting on a patterned couch in a well-lit room. She is holding a white sign with black text. The background shows a hallway with a pillar and a framed picture on the wall.

**I tell my
friends that
the medication
I'm taking is
for my allergies
otherwise they
wouldn't hang
out with me.**

A man with a beard and short curly hair, wearing a dark grey button-down shirt, stands outdoors in front of a red brick building. He is holding a white sign with black text. The building has a white spherical light fixture on a pole behind him. The sky is clear and blue. The man is looking directly at the camera with a neutral expression.


**I stayed in the
hospital 4 extra
months because
it was so
difficult to
site a group
home in any
neighborhood!**

A woman with shoulder-length blonde hair, wearing a green turtleneck sweater and a brown leather jacket, stands in front of a large window. She is holding a white sign with black text. The background shows a bright, modern interior space with a wooden railing and a metal mesh chair.

**To get the job,
I had to lie
about the
gaps in
my resume
caused by
hospitalizations.**



**Maybe if it
was easier to
talk about,
my father
would have
gotten help
instead of
ending his
own life.**

A man with a goatee and glasses is standing in an office or library. He is wearing a dark sweater over a collared shirt and a lanyard. He is holding a white sign with black text. In the background, there is a bookshelf with books, a purple box labeled 'High Bright White Multipurpose Of', and a white cabinet.

**My neighbors
stopped
talking to me
when they
found out
I had
schizophrenia.**




**Why is it
that people
remember
my
diagnosis,
but not
my name?!**

A woman with brown hair, wearing a red top and a red patterned scarf, is sitting on a dark leather couch. She is holding a white rectangular sign in front of her. The sign has black text. In the background, there is a white fireplace mantel with a painting of elephants and a small elephant figurine. To the right, there is a white bookshelf with some books and a framed picture.

**When I got sober
I was “unfriended”
because I was no
longer considered
“cool.”**




**I'm glad I have peers
to talk about my
recovery. Most
people are afraid
to talk about it.**

A middle-aged woman with short brown hair, wearing a light-colored cardigan over a patterned top and a necklace, stands in a room with a brick wall and a potted plant. She is holding a white sign with black text. The text on the sign reads: "As a parent, I was often made to feel guilt and blame for my child's mental illness."

**As a parent,
I was often made
to feel guilt and blame
for my child's
mental illness.**

A woman with dark hair and large hoop earrings stands in a kitchen. She is wearing a red sweater with a grey and white argyle pattern over a white collared shirt. She is holding a white sign with black text. In the background, there is a white refrigerator with a calendar on it, a microwave on a counter, and dark wooden cabinets. The floor has a patterned tile design.

**I am neither
weak nor
childlike,
yet I'm
continually
treated
as such.**

A woman with short blonde hair, wearing a grey cardigan over a red turtleneck, is holding a white sign. She is standing in front of a white fireplace mantel. On the mantel, there are several colorful abstract paintings, a blue and white patterned vase, and a silver star-shaped trophy. Behind the woman, a row of blue books is visible on a shelf. The background is a dark wood cabinet.

**When I had cancer, I got
cards and flowers. When
I was diagnosed with
bipolar disorder, I got
*no cards and a pink slip.***



**I'm proud
of my
recovery.
Why can't
you be?**

CT Department of Mental Health & Addiction Services



End the discrimination!

know
ME

understand my
EXPERIENCES