

Open Your Class With This Tomorrow- Andy Warhol was a Hoarder

Using Celebrities to Help Destigmatize Mental Illness

Introduction

Former first lady Betty Ford made history when she publicly discussed her reliance on alcohol. Rather than trying to hide her substance abuse, Ford shared her recovery with the public and later created a center dedicated to helping others with substance use disorders, including alcohol and drug use.

<https://www.hazeldenbettyford.org/locations/betty-ford-center-rancho-mirage>

This center has served as a model for many other rehabilitation centers and has treated thousands of individuals to help them manage their substance use and live substance-free lives.

Activity

Take some time to read the following articles regarding celebrities sharing their own experiences with mental illness. Continue by considering the steps they have taken to help others.

<https://www.goodtherapy.org/blog/6-Celebrities-Destigmatize-Mental-Health-Concerns>

<https://www.healthline.com/health/mental-illness-celebrities>

Questions for Discussion

1. What role do you believe celebrities have for destigmatizing mental illness?
2. Do you believe that celebrities who share their own experiences have a larger impact than others who share their stories, why or why not?
3. Of the celebrities that you read about, who do you believe has had the most impact and why?
4. What steps can you take to help destigmatize mental illness (clubs, programs, interpersonal relationships, etc.)
5. In general, without using specific names, do you believe that your community is supportive of those with mental illness? Explain

<https://booksforpsychologyclass.weebly.com>