MASSACHUSETTS: Flying Away from Stigma: Logan Exhibit Displays Stories of Mental Illness

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The Boston Globe [1]

A new exhibit at Boston’s Logan Airport aims to reduce the negative bias associated with mental illness by sharing the images and stories of those who have been intimately affected by it. A collaboration between the psychiatric institution McLean Hospital and several mental health organizations, “Deconstructing Stigma: A Change in Thought Can Change a Life” displays photographs and interviews with people who have experienced a variety of mental health issues, including depression, anxiety, addiction, and suicide. Participants, who represent a range of sociodemographic backgrounds, seek to convey the challenges of living with mental illness, but also the opportunities for healing and resilience. Sean Shinnock, who shares his story of living with obsessive-compulsive disorder, said, “I hope that somebody who may be hurting gets a little solace, that they know they’re not alone.”

Spark Extra! To learn more, visit the Deconstructing Stigma website [2].

Links within this resource

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