

From: [Secor, Kevin](#)
To: [Undisclosed recipients:](#)
Subject: HAVE YOU HEARD?
Date: Monday, February 17, 2014 4:25:25 AM

[Does Stigma Have You Cornered? Regain Control, Seek Help for Your Mental Health:](#) Have you experienced mental health-related stigma? Some describe it as the crushing feeling of shame, fear of ridicule or embarrassment felt at the very thought of seeking mental health care. As you can imagine, this stigma is a major barrier to care and treatment for service members and veterans who experience psychological health concerns, such as posttraumatic stress, depression or substance abuse.

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Classification: [Not VA Sensitive](#)

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