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STIGMA AND BURDEN OF MENTAL ILLNESS: FINDING HOPE

A.S. Zaghloul, M. Mousa

Psychiatric Nursing and Mental Health, Faculty of Nursing, Alexandria University, Alexandria, Egypt

Introduction: The lives of patients with mental illness and their families are often not drastically altered by the burden of mental illness only, but also by the stigma and society's reactions to them.

Objective: The objective of this article is to review the causes, magnitude, and consequences of stigma and burden of mental illness, and current successful interventions to overcome stigma and burden, with an emphasis on the role of psychiatric nurses.

Method: A narrative literature review of articles related to stigma and burden of mental illness was conducted.

Conclusion: Overcoming the stigma and burden of mental illness is one of the great challenges facing mental health professionals. Psychiatric nurses can play a crucial role in eliminating stigma and reducing burden of mental illness, so patients with mental illness and their families can live free from discrimination and suffering.