

Symposium | Forensic Psychiatry : [Symposium 39] Beyond Barriers: The Current State and Future Challenges of Mental Health Stigma Across Countries

📅 2025年9月26日(金) 13:10 ~ 14:40 🏢 Session Room 4 (Large Hall B)

[Symposium 39] Beyond Barriers: The Current State and Future Challenges of Mental Health Stigma Across Countries

Moderator: Muhammad Hanif Abd Latif (Psychiatry Department, Faculty of Medicine, Universiti Kebangsaan Malaysia), Ryo Mizui (Miyagawa Medical Juvenile Training School)

[SY-39] Beyond Barriers: The Current State and Future Challenges of Mental Health Stigma Across Countries

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Stigma surrounding mental health care remains a significant and persistent issue worldwide, having a profound impact on patients' mental health and social lives. Prejudices and misconceptions about individuals with mental health issues not only discourage patients from seeking the necessary treatment but also undermine the effectiveness of the treatment itself, increase feelings of social isolation, and severely diminish the quality of life for those affected. Furthermore, the existence of stigma can sometimes render mental health a taboo subject, which, in turn, may hinder the development and implementation of essential support systems and infrastructures designed to address mental health needs. This symposium will provide an in-depth exploration of the current state of stigma in mental health care, through the perspectives of young doctors in psychiatry from three distinct countries—Australia, Malaysia, and Japan—each with its own unique cultural background. We will examine the differences in the recognition and understanding of stigma in these countries, how stigma manifests and its far-reaching effects, as well as the specific policies and initiatives each nation has introduced to reduce stigma, with a particular focus on cultural nuances. By participating in this symposium, attendees will gain valuable insights into the current landscape of mental health stigma in each country. Through the sharing of experiences and research findings from these diverse nations, the symposium aims to identify actionable strategies and approaches that can be applied globally to improve mental health care, reduce stigma, and foster a more supportive and inclusive environment for those affected by mental health challenges.