

One of the greatest barriers to people in recovery is the stigma of mental illness. Personal empowerment is one of the best ways to overcome the stigma. The National Consortium on Stigma and Empowerment (NCSE) is a research group meant to promote recovery by understanding stigma and promoting empowerment. The Consortium is located at the Illinois Institute of Technology with a collection of researchers at Yale University, the University of Pennsylvania, Rutgers University, Temple University, the University of Wisconsin, Illinois State University, and the University of Chicago.

Dr. Corrigan writes about the stigma of COVID-19 in his blog on Psychology Today.

<https://www.psychologytoday.com/us/blog/the-stigma-effect/202004/the-stigma-covid-19>

Psychiatric Services podcast, **From Pages to Practices**, has selected Dr. Corrigan's personal account, "[The Disabling Effects of](#)

[Mental Illness on My Education](#)

" in Episode 12.

It is now available at <http://ps.psychiatryonline.org/podcast> .

Below is a link to a podcast on coping with the stigma of suicide. The podcast features interviews with Dr. Patrick Corrigan and as William James once said: "The greatest weapon against stress is our ability to choose one thought over another."

[Click Here for the Podcast](#)

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Website www.HOPprogram.org

NEW BOOK: Coming Out Proud To Erase the Stigma of Mental Illness:

Stories and Essays of Solidarity

COMING OUT PROUD TO ERASE THE STIGMA OF MENTAL ILLNESS:

STORIES AND ESSAYS OF SOLIDARITY



PATRICK W. CORRIGAN
JON E. LARSON
PATRICK J. MICHAELS

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Editor

Patrick W. Corrigan, PhD
Illinois Institute of Technology

Managing Editor

Lindsay Sheehan
Illinois Institute of Technology

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