



Mental Health Structural Stigma in Healthcare

FREE e-learning course

Health-care leaders and providers can take this one-hour bilingual training to:

- ▶ learn about the impact of structural stigma on health-care service users
- ▶ explore scenarios, case studies, videos, and reflections that expand their understanding of structural stigma
- ▶ identify structural stigma in their organization/work setting
- ▶ discover strategies to overcome barriers and dismantle structural stigma.



Real voices, real impact

"...the case studies and scenarios were particularly effective... [and] provided a **human context** to the issue, making the learning experience more **relatable and impactful.**"

"Hearing the **lived experience** from real people made it sink in more and really hit home — the **changes that need to happen** in policies, procedures, and practice."

Over **3,000** registrations from across Canada

93% of graduates would recommend the course to their colleagues.

A follow-up survey of course graduates indicated that **86%** found the e-course helped them make stigma reduction a higher priority in their work.

“

"The course helped me feel **more confident** in normalizing conversations about stigma and identifying barriers as they arise. It **strengthened my ability** to recognize and challenge structural factors that impact care, allowing me to help create a more **inclusive and supportive environment.**"

”



Enrol now

mentalhealthcommission.ca/structural-stigma-course

Building awareness*

Identify where structural stigma exists

48% PRE-COURSE

92% POST-COURSE

Articulate ways to address structural stigma

38% PRE-COURSE

93% POST-COURSE

Recognize opportunities to dismantle structural stigma

47% PRE-COURSE

93% POST-COURSE

*based on 2.5 years of data from pre-course and post-course evaluation surveys (April 2023–September 2025)

Empowering change‡

Challenged assumptions

84%

Encouraged action

91%

Provided concrete examples

92%

‡based on 2.5 years of data from post-course evaluation surveys (April 2023–September 2025)

Enduring skills and knowledge†

Recognize opportunities to reduce structural stigma

79%

Overcome barriers to dismantling structural stigma

75%

Actively address structural stigma

71%

†based on follow-up survey responses from e-course graduates (November 2025)

Course graduates agree that *Mental Health Structural Stigma in Healthcare* is:

Evidence-based and thorough

"**Comprehensive approach** to understanding mental health and substance use related structural stigma... including the impact on access and quality of care, intersectionality, cultural competency, and advocacy."

Engaging and interactive

"The course is presented in an easy-to-use format... **visually appealing** and engaging."

Practical and applicable

"The course provided **clear, real-world examples** and helped me understand how structural stigma shows up in health-care settings."



Participation in this course entitles certified Canadian College of Health Leaders members (CHE / Fellow) to 1 Category II credit towards their maintenance of certification requirement:



CANADIAN COLLEGE OF HEALTH LEADERS
COLLÈGE CANADIEN DES LEADERS EN SANTÉ



Mental Health Commission of Canada
Commission de la santé mentale du Canada



Financial contribution from

Health Canada
Santé Canada

Enrol now: mentalhealthcommission.ca/structural-stigma-course