



### Stand Up to Stigma – Walk Together

At ReGen, we know about the impacts of stigma on vulnerable and marginalised people.

It creates barriers to seeking help and undermines the sustainability of the positive changes people are making in their lives. Stigma is reinforced by simplistic stereotypes that often mislead public perceptions about particular groups within our communities.

While we usually focus on the stigmatisation of people who use alcohol and other drugs, we also recognise that people often experience multiple layers of stigma.

Racism and religious/cultural prejudice are particularly powerful forces when driven by misinformation and fear. We know that people who use our services (and our staff) often experience racism and cultural prejudice.

Most recently, we have seen members of the extended ReGen family targeted by people expressing anti-Muslim views.

Verbal and physical abuse because of a person's clothing or appearance is unacceptable. It does harm to those being abused, to the abusers and to our communities.

We all have a role to play in addressing both the cause and the effects of stigma. As part of our efforts, we'll be supporting Welcome to Australia's Walk Together on October 25<sup>th</sup>. See their [website](#) or [Facebook event](#) for details.

We'd love it if you could join us. Contact us on [Facebook](#) or through [our website](#) if you'd like to walk with us on the 25<sup>th</sup>.