

# Stigma Free Lanarkshire

## People's Stigma Free Network - 22<sup>nd</sup> of April 2025

Join the  
network



The People's Stigma Free Network (PSFN) is a collaboration between, individuals, community groups and public sector organisations serving Lanarkshire. Stigma Free Lanarkshire (SFL) facilitates the Network meetings to take place however the content, purpose and actions of the PSFN belongs to the members.

### Network agenda

## People's Stigma Free Network Agenda Wednesday the 22<sup>nd</sup> of April 2025

Welcome and Introductions  
Keynote speakers (GoTo)  
Resource of the Network  
Questions and Answers  
Round table activity  
Closing Q&A and feedback



### GoTo

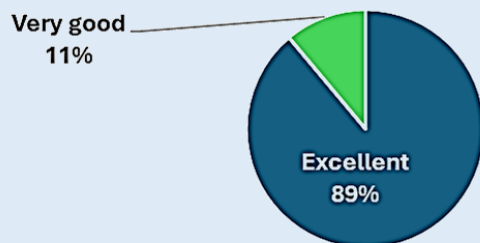
#### A Powerful Youth Voice at the Heart of the People's Stigma Free Network

A particularly powerful moment during the People's Stigma Free Network event came from the heartfelt presentation by young people involved in the GoTo service at Regen:fx. Their voices brought authenticity to the day, reminding everyone in the room why challenging stigma remains so vital. George and Kiera, dedicated youth workers from the GoTo team, began the session by introducing the provision, and the journey that the young people go through highlighting the individualised, relationship-based approach to supporting them on their mental health and recovery journey. The young people (anonymised in this report) shared their personal testimonies about life before seeking support from GoTo. Common themes ran through their stories, including a fear of leaving the house, intense feelings of isolation, and a perception that others did not understand what they were going through. Many also spoke about the stigma they experienced—particularly the power of self-stigma and how it influenced their thoughts, behaviours, and actions.

### Feedback from those who attended the Network

We have recorded the outcomes and comments from the survey taken at the end of the PSFN event which provided information on the attendee's views on the event itself and will lead to informing practice in the coming events.

How would you rate the quality of the event content (e.g., speakers, discussions, activities)?



The PSFN received overwhelmingly positive feedback regarding the quality of its content, including speakers and the discussions that took place. 100% of attendees who completed the post network survey rated the event as either excellent or very good, indicating that the event done more than raise awareness.

It empowered the attendees with emotion, empathy, and motivation, that will lay solid foundations for ongoing stigma reduction efforts in our communities across Lanarkshire.



