

Resolution 2
Mississippi Nurses' Association
111th House of Delegates

Introduced by: Courtney Bennett, DNP, PMHNP-BC, FNP-BC, Director, Council on Advanced Practice Nursing on behalf of the MNA Board of Directors

RESOLUTION: Commit to Support and Advocate for Registered Nurses and Advanced Practice Registered Nurses in Eliminating the Stigma Associated with Obtaining Mental Health Care

WHEREAS, when compared to the general population, nurses have an increased prevalence of depression, anxiety, and suicide¹; and

WHEREAS, stigma (negative perceptions, attitudes, and discrimination) about mental health support is contributing to nurses' reluctance to use the resources available to them²; and

WHEREAS, stigma has been defined as a social process characterized by exclusion, rejection, blame, or devaluation that results from the anticipation of an adverse social judgment²; and

WHEREAS, in the most recent American Nurses Association (ANA) survey data, over one-third of nurses acknowledged experiencing stigma with themselves, colleagues, friends, or family³; and

WHEREAS, the ANA adopted a position statement advocating that access to affordable mental health screenings and confidential mental health assistance and treatment is vital, and the use of these resources must not threaten nurses' licensure or employment, and the profession must put an end to the stigma that is still attached to mental health issues so that all nurses feel able to get the help they need⁴; and

¹ National Academies of Sciences, Engineering, and Medicine. (2021). The future of nursing 2020–2030: Charting a path to achieve health equity. Washington, DC: The National Academies Press. <https://doi.org/10.17226/25982>.

² Stigma: A Barrier in Supporting Nurse Well-Being During the Pandemic, Weston, Marla J. et al. Nurse Leader, Volume 20, Issue 2, 174 – 178

³ ANA. Mental Health and Wellness Survey 3.

⁴ American Nurses Association. American Nurses Association; Silver Spring, MD: November 30, 2020. Promoting Nurses' Mental Health. <https://www.nursingworld.org/practice-policy/nursing-excellence/official-position-statements/id/nurses-mental-health/> Position Statement

Resolution 2, continued

WHEREAS, the ANA's *Code of Ethics for Nurses with Interpretive Statements* specifies that the nurse owes the same duties to self as to others, including the responsibility to promote health and safety⁵; and

WHEREAS, the purposes of the Mississippi Nurses' Association include promoting and protecting the professional development of nurses⁶; and

WHEREAS, the functions of the Mississippi Nurses' Association include promoting and protecting the professional environment of nurses⁷; and

WHEREAS, the functions of the Mississippi Nurses' Association include providing nursing leadership in the state⁸.

THEREFORE, BE IT RESOLVED that the Mississippi Nurses' Association commits to support and advocate for registered nurses and advanced practice registered nurses in eliminating the stigma associated with obtaining mental health care, thereby, empowering nurses to be proactive in identifying their need for and obtaining mental health care.

THEREFORE, BE IT RESOLVED that the Mississippi Nurses' Association commits to increasing awareness of the need to eliminate the stigma associated with registered nurses and advanced practice registered nurses obtaining mental health care, as appropriate, through articles published in the *MS RN*, and information dissemination via electronic media, webinars, and continuing education events. Such efforts demonstrate the importance of the safety, health, and wellbeing of registered nurses and advanced practice registered nurses of the great State of Mississippi and beyond.

⁵ American Nurses Association. (2015). *Code of ethics for nurses with interpretive statements*. Silver Spring, MD: Author.

⁶ Mississippi Nurses Association (MNA). (2020). *Bylaws: Article 1, Section 2.A*. Madison, MS: Author. <https://www.msnurses.org/wp-content/uploads/2022/10/MNA-Bylaws-Final-as-voted-on-at-2020-convention.pdf>

⁷ Mississippi Nurses Association (MNA). (2020). *Bylaws: Article 1, Section 3.F*. Madison, MS: Author. <https://www.msnurses.org/wp-content/uploads/2022/10/MNA-Bylaws-Final-as-voted-on-at-2020-convention.pdf>

⁸ Mississippi Nurses Association (MNA). (2020). *Bylaws: Article 1, Section 3.H*. Madison, MS: Author. <https://www.msnurses.org/wp-content/uploads/2022/10/MNA-Bylaws-Final-as-voted-on-at-2020-convention.pdf>