

A possible next step

5

Seek support of your choosing

You can ask a trusted person, a community organisation or a health or social care professional for help.

[1, 2]

6

Record what happened if it helps

Keep dates, messages or documents safely. Seek advice before deciding what to do. You do not have to make a formal complaint.

[1]

Information with sources

[1] Ministerio de Sanidad · Pacto Social (2018)

[2] Ministerio de Sanidad · Experiencia de estigma (2024)

[3] SEISIDA · Palabras VIHsibles (2023)

[4] ONUSIDA / UNAIDS · Terminology (2024)

An information resource adapted by estigma.info. Supportive phrases are practical suggestions, not quotations or legal advice. Citing sources does not imply endorsement.



Full references and HTML version

estigma.info

Contact: Antonio Martín · MOBHOPE · antonio.martin@iisgm.com

Do not send diagnoses or personal documents to this address.

Project lead: Pablo Ryan · UCM

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WP3

You deserve to be treated with dignity.

Recognising stigma. Finding a next step.

Have you been made to feel less worthy because of who you are or your circumstances?

Stigma occurs when a label is used to devalue a person. It can relate to health, origin, gender, sexuality, work or homelessness.

English · estigma.info

1

A label does not define you

Having HIV or hepatitis, being a migrant or trans, doing sex work or experiencing homelessness does not diminish your dignity.

[1, 3, 4]

2

Prejudices are preconceived ideas

Making assumptions about you can lead to rejection. A belief about a group does not describe your story.

[1, 4]

3

Discrimination affects how you are treated

Insults, exclusion or unjustified barriers can be signs. Each situation needs to be understood in its own context.

[1, 2]

4

You can set a boundary

If it feels safe, say: 'I want you to speak to me respectfully' or 'I would prefer to speak in private'.

[1, 3]

You do not have to face it alone.

If rejection has made you feel ashamed, it does not mean you are worth less. Your wellbeing and your choices matter.

A conversation starter: what would help you feel heard and safe?

Connected with MOBHOPE · WP3: stigma and human dignity



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