



Association pour la santé environnementale du Québec
Environmental Health Association of Québec

ECO-JOURNAL

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Stigma Reporting

Many people experiencing MCS face different forms of stigma, whether it is in the form of a denial of accommodation (such as fragrance-free access, least-toxic products use, etc.), stigma in the medical community, harassment, or even abuse. We have created a form which can be used to document these instances.



If you have faced stigma due to MCS we encourage you to fill out this form in order to document the instance and help us to advocate for support and protection of human rights for people experiencing MCS.

This form has several sections that you can fill out if they pertain to you. The first section asks for personal information such as your name, the date you filled out the form, gender, etc. The second section asks about accommodation request denials. If you have made a request for accommodation that was refused and you would like to document it, please fill out this section. If there was a specific reason it was rejected, please try to share this information. The third section addresses stigma in the medical community. This could have been a doctor denying the existence of MCS, refusing to treat you, telling you it is





all in your head, denying you accommodations necessary to get safe care, or any other form of stigma that you have faced when attempting to access healthcare. The fourth section asks about your feelings or concern about the INSPQ report. There are two other sections, one for any other experience you may want to share, and one for any additional comments that you would like us to know that didn't fall into any of the previous categories.

Please share as much as you are comfortable with sharing. We recognize that thinking about and discussing instances where you have faced discrimination and stigma can be challenging, and we encourage you to prioritize your wellbeing.

In addition to experiences where you have faced stigma, if you would like to tell your story (whatever that means to you) you can take part in our Your Voice Matters project. You can write or tell your story to us, and we will take it down and share it for you. If you would like to remain anonymous, we can leave your name off the article.

Your voice and your experiences matter. Thank you for taking part in this project.

You can fill out the google survey online and we will send you a copy of your responses. You can also download the pdf version and email or mail it to us, or you can call us by phone to help you complete one of these options. Below you will find the documents and more information about how to get in touch with us at ASEQ-EHAQ.

[To Access the Google Form](#)
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Call us at
514-332-4320

If you would like to mail the form, please send it to:
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