



**Abstrak.** *Mental health literacy* menjadi faktor yang mempengaruhi pembentukan *help-seeking attitudes* pada mahasiswa, akan tetapi *self-stigma* dapat memfasilitasi atau mematahkan hubungan tersebut. *Mental health literacy* dan *self-stigma* merupakan faktor yang dapat memprediksi secara tepat *help-seeking attitudes* seseorang. Penelitian ini dilakukan untuk mengetahui peran *self-stigma* sebagai mediator hubungan antara *mental health literacy* dengan *help-seeking attitudes* pada mahasiswa. Hipotesis penelitian ini adalah bahwa *self-stigma* dapat memediasi hubungan *mental health literacy* dengan *help-seeking attitudes*. Terdapat 344 partisipan dalam penelitian ini, menggunakan studi *cross-sectional* dengan metode survei yang disebar secara *online* menggunakan skala *Self-stigma of Seeking Help (SSOSH)*, *Mental Health Knowledge Schedule (MAKS)*, dan *Attitudes Toward Seeking Professional Psychological Help-Short Form (ATSPPH-SF)*. Berdasarkan hasil analisis yang diperoleh, dapat disimpulkan adanya peran mediasi dari *self-stigma* dalam hubungan antara *mental health literacy* dengan *help-seeking attitudes* sebesar  $ab = 0,0797$ , 95% CI 0,0501; 0,1156. Artinya, *mental health literacy* mempengaruhi *help-seeking attitudes* yang dimediasi oleh *self-stigma*. Hasil penelitian ini memberikan temuan bahwa *mental health literacy* yang tinggi dapat membentuk *self-stigma* yang rendah sehingga mahasiswa dapat menunjukkan *help-seeking attitudes* yang tinggi.

**Keywords:** *Self-stigma, mental health literacy, help-seeking attitudes, mahasiswa*

**Abstract.** *Mental health literacy* is a factor that can influence *help-seeking attitudes* on college-students, but *self-stigma* will facilitate or discourage the positive link. *Mental health literacy* and *self-stigma* are factors that could critically predict *help-seeking attitudes*. This study was conducted to determine the mediating role of *self-stigma* in the relation between *mental health literacy* and *help-seeking attitudes* among college-students. It was hypothesized that *self-stigma* mediates the role of *mental health literacy* on *help-seeking attitudes*. There were 344 participants in this study, using a cross-sectional study with a survey method distributed online using the *Self-stigma of Seeking Help (SSOSH)*, *Mental Health Knowledge Schedule (MAKS)*, and *Attitudes Toward Seeking Professional Psychological Help-Short Form (ATSPPH-SF)*. Based on the results, it can be concluded that there is a mediating role of *self-stigma* in the relationship between *mental health literacy* and *help-seeking attitudes* ( $ab = 0,0797$ , 95% CI 0,0501; 0,1156). *Mental health literacy* affects *help-seeking attitudes* mediated by *self-stigma*. The results of this study provide an understanding that high *mental health literacy* plays an important role in forming low *self-stigma* so college-students' *help-seeking attitudes* will show in high level.

**Keywords:** *Self-stigma, mental health literacy, help-seeking attitudes, college-students*