

YOUR LANGUAGE MATTERS

THE WORDS YOU USE MATTER. You can break down negative stereotypes and give people hope by choosing **WORDS THAT ARE MORE RELATABLE AND PROMOTE UNDERSTANDING.** This simple but caring approach may help people feel more comfortable and willing to **TALK OPENLY ABOUT MENTAL HEALTH** and to reach out for support early

TIPS FOR TALKING ABOUT MENTAL HEALTH

CONSIDER

SAYING

- Mental Health Condition
- The weather is unpredictable
- My daughter has schizophrenia
- Person with a mental health condition
- Lives with, has or experiences

INSTEAD OF

- Brain disorder or brain disease
- The weather is bipolar
- My daughter is schizophrenic
- Consumer, client or patient
- Suffers from, afflicted with or mentally ill

TIPS FOR TALKING ABOUT SUICIDE

CONSIDER

SAYING

- Suicide attempt/attempted suicide
- Died by suicide/suicide death
- Took their own life
- Died as the result of self-inflicted injury
- Disclosed

INSTEAD OF

- Failed suicide or unsuccessful attempt
- Successful or completed suicide
- Committed suicide
- Chose to kill him/herself
- Threatened

When talking about suicide, consider other meanings your words may have. For example “committed suicide” implies that suicide is a crime. You can help **ELIMINATE THE MISUNDERSTANDING AND STIGMA** that prevent people from speaking up and getting support by **CHOOSING WORDS THAT ARE CLEARER AND MORE NEUTRAL.**

Speak up!

LET'S TALK ABOUT MENTAL HEALTH

speakupformentalhealth.org