

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

REMEMBER DISCLOSE

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.**