

# Your Words Matter – End the Stigma

## Everyone can play a role:

- Use respectful language to talk about mental health conditions.
- Challenge misconceptions when you see or hear them.
- See the person, not the condition.
- Offer support if you think someone is having trouble.

## Avoid labels such as:

- |                     |                     |
|---------------------|---------------------|
| • Challenged        | • Psycho/psychopath |
| • Crazy             | • Schizo            |
| • Demented          | • Special           |
| • Lunatic           | • Sufferer/victim   |
| • Normal/not normal | • Wacko             |

**Say this ...**

### Promote the use of stigma-free language

***“She has bipolar disorder/She’s living with bipolar disorder.”***

**AVOID:** *“She’s bipolar.”*

.....

***“Person with schizophrenia.”***

**AVOID:** *“Schizophrenic.”*

.....

***“Person with bipolar disorder.”***

**AVOID:** *“Manic depressive.”*

.....

***“People with a mental illness/mental health condition.”***

**AVOID:** *The mentally ill.*

.....

***“Died by suicide.”***

**AVOID:** *Committed suicide.*



Content courtesy of NAMI



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