

Your Words Matter - End the Stigma

Say this...

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

Promote the use of stigma-free language

"She has bipolar disorder/She's living with bipolar disorder."

AVOID: "Shes bipolar"

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"Person with schizophrenia"

AVOID: "Schizophrenic"

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"Person with bipolar disorder."

AVOID: "Manic depressive"

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"People with a mental illness/mental health condition"

AVOID: "The mentally ill."

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"Died by suicide."

AVOID: "Committed suicide"

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Information from:

http://www.ncaa.org/sites/default/files/2018SSI_Your_Words_Matter_Fact_Sheet_20180601.PDF