Words Matter – Break the Stigma

Everyone can help:

- Speak respectfully about mental health conditions.
- Correct myths when you hear or see them.
- See the person beyond illness.
- Offer help when someone seems to be struggling.

Avoid these labels:

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



Try this ...

Choose language without stigma

"She lives with bipolar disorder/ she has bipolar disorder."

AVOID: *"She's bipolar."*

"Person with schizophrenia."

AVOID: *"Schizophrenic."*

"Person with bipolar disorder."

AVOID: *"Manic depressive."*

"People with mental illness/ a mental health condition."

AVOID: *The mentally ill.*

"Died by suicide."

AVOID: *Committed suicide.*

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