

Mental Health Language*

STIGMATIZING LANGUAGE

RESPECTFUL LANGUAGE

"They were acting crazy. "	"They were acting unusual/erratic. "
"... suffers from anxiety."	"... lives with/experiences anxiety."
"They are mentally ill/insane. "	"They are living with a mental illness/disorder. "
"... committed suicide."	"... died by/completed suicide."
"... failed a suicide attempt."	"... attempted suicide."
"Substance abuser. "	"Substance user. "
"They are a junkie. "	"They use substances. "
"They used to be an addict. "	"They are in recovery. "
"... happy pills. "	"... antidepressants. "
"... psycho/schizo/lunatic. "	"... living/diagnosed with a mental health illness"

"Committed suicide," implies that suicide is a crime.

This type of language normalizes mental illness.

* This is a living document and is subject to change.