# **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**

# SAYING

■ The weather is unpredictable



### Mental health condition

- My daughter has
- schizophrenia
- Person with a mental health condition
- Lives with, has or experiences

## **INSTEAD OF**



- The weather is bipolar
- My daughter is schizophrenic
- Consumer, client or patient
- Suffers from, afflicted with or mentally ill

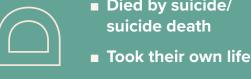
# **Tips for Talking About Suicide**



# SAYING



Suicide attempt/ attempted suicide



- Died by suicide/ suicide death
- 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.











