

TIPS FOR DISCUSSING MENTAL HEALTH

Your words matter.

AVOID SAYING...

Addict

Alcoholic

Former addict

Habit

Substance Abuse

Clean

Committed suicide

Suffers from, afflicted with, or mentally ill

Using mental health condition to describe things (the weather is bipolar)

Mental illness, brain disorder

INSTEAD, TRY SAYING...

Person with a substance use disorder

Person with an alcohol use disorder

Person in recovery

Substance use disorder

Substance use or misuse

In recovery

Died by suicide

Lives with, has, or experiences

Choose different adjectives (the weather is unpredictable)

Mental health condition