Words Matter

The language we use when we talk about mental health is important.
Small changes create a safer, more inclusive workplace, where everyone feels free to be themselves.

Talk Openly. Speak Kindly.
Using the right words matters, but what matters most is having honest, open conversations about mental health.

Here's a quick guide to get you started...

✗ Avoid	✓ Use instead	Why?
"suffering from"	"experiencing"	Everyone's experience of mental health is different.
"they are depressive" "they are a schizophrenic"	"experiencing" "has a diagnosis of"	A mental health diagnosis is something someone has, not who they are. Lead with the person first.
"It's been crazy/manic" "I'm a bit OCD"	"It's been very busy" "I like to be clean and tidy"	These terms often add to stigma by normalising misconceptions around mental health diagnosis.
"happy pills"	"medication" "anti-depressants"	This term oversimplifies the purpose of medication.
"released" (from hospital)	"discharged" "came home from hospital"	This term implies that someone has been kept in hospital against their will.
"committed suicide" "successful suicide"	"died by suicide" "took their own life"	Suicide is neither a crime, nor an achievement.
"lunatic" "nutter" "unhinged" "maniac" "mad"	"person experiencing a mental health problem"	These terms are harmful stereotypes that reinforce stigma.

mind in Mid Herts

mindinmidherts.org.uk
training@mindinmidherts.org.uk