

Consider the language you use when referring to mental health concerns

Choosing language that reflects and empowers individual experiences, is not sensationalised, is understandable and is adapted to individual preferences or audience is recommended.

Preferred

- ✓ A person 'living with' or 'has a diagnosis of' a mental illness
- ✓ A person being 'supported for', 'treated for' or 'someone experiencing mental health concerns'
- ✓ Has a 'diagnosis of' schizophrenia; being 'treated for' anorexia
- ✓ Their behaviour was 'unusual'
- ✓ 'Antidepressants'; 'psychiatrists'; 'psychologists'; 'support services'
- ✓ Discharged from hospital
- ✓ Psychiatric or medical terms used within the correct context

Problematic

- ✗ Mental patient; nutter; lunatic; psycho; schizo
- ✗ Victim; suffering; afflicted
- ✗ A schizophrenic; an anorexic
- ✗ Crazed; deranged; mad; psychotic
- ✗ Happy pills; shrinks; nuthouse
- ✗ Released from hospital
- ✗ Psychotic dog; schizophrenic economy; bipolar weather