Beyond the label
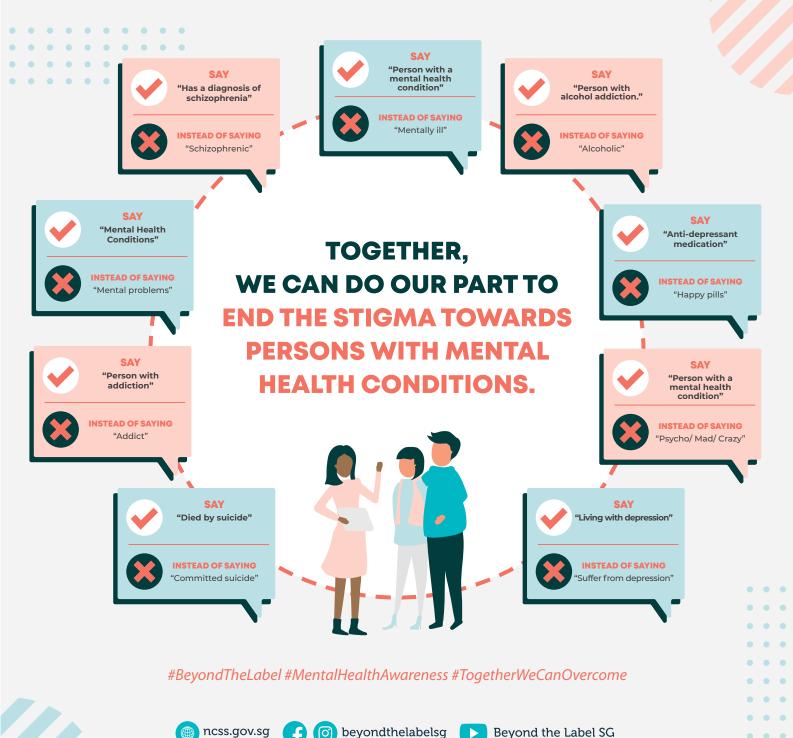Let's unite against mental health stigma.

SPEAKING ABOUT MENTAL HEALTH

Saying words like "crazy" or "psycho" may seem harmless, but the words we use in our daily interactions can be discriminating and has an impact on people living with mental health conditions.

Here are alternative terms we can use instead.

SAY
"Has a diagnosis of schizophrenia"
INSTEAD OF SAYING
"Schizophrenic"

SAY
"Person with a mental health condition"
INSTEAD OF SAYING
"Mentally ill"

SAY
"Person with alcohol addiction."
INSTEAD OF SAYING
"Alcoholic"

SAY
"Mental Health Conditions"
INSTEAD OF SAYING
"Mental problems"

SAY
"Anti-depressant medication"
INSTEAD OF SAYING
"Happy pills"

SAY
"Person with addiction"
INSTEAD OF SAYING
"Addict"

TOGETHER, WE CAN DO OUR PART TO END THE STIGMA TOWARDS PERSONS WITH MENTAL HEALTH CONDITIONS.

SAY
"Person with a mental health condition"
INSTEAD OF SAYING
"Psycho/ Mad/ Crazy"

SAY
"Died by suicide"
INSTEAD OF SAYING
"Committed suicide"

SAY
"Living with depression"
INSTEAD OF SAYING
"Suffer from depression"

#BeyondTheLabel #MentalHealthAwareness #TogetherWeCanOvercome

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