

Mental Health Language

Avoid using:

mentally ill
a person suffering from
a victim of
mad
lunatic
nutter

a psycho
a schizo
a depressive

happy pills

committed suicide

suicidal

normal behaviour

Instead use:

a person experiencing
a person with mental ill-
health
a person living with
mental health problem
mental health issue


a person experiencing
psychosis
a person who has
schizophrenia

antidepressants
medication
prescription drugs

died by suicide
lost their life to suicide

is facing suicide
is experiencing suicidal
thoughts

usual behaviour
typical behaviour

Decorative blue lines in the bottom right corner, consisting of several overlapping, curved, hand-drawn style lines in a vibrant blue color.