MENTAL HEALTH LANGUAGE

bring change to mind

Certain conversations can have harmful, triggering, or even fatal effects on people. Read below for some tips on how to respectful conversations!

TO INCLUDE FOR HEAVIER TOPICS:

- Add a <u>trigger warning</u> if it is addressing sensitive or potentially triggering events
- Do not depict methods of suicide, self-harm and/or violence
- Suicide is complex, don't attribute a suicide death to one single reason
- Include prevention and hotline resources, warning signs and other prevention focused information

TO REMEMBER FOR CONVERSATIONS:

- Use phrases like <u>living with</u> or experiencing instead of suffering.
- Use phrases like <u>died by suicide</u> instead of committed suicide.
- Avoid words like crazy, psycho, insane, nuts.
- Don't use diagnosis to describe people.
- Don't make assumptions about people living with a mental health conditions