

WORDS HURT

HELLO
my name ~~X~~ is NOT

Crazy

FIGHT DISCRIMINATORY LANGUAGE

Mental illness cuts across a wide swath of society.

Over 60 million Americans are thought to experience mental illness in a given year, and the impacts of mental illness are undoubtedly felt by millions more in the form of family members, friends, and coworkers.



1 in **5** Americans will experience a mental health issue in their lives, according to the U.S. Department of Health and Human Services, and many say they feel stigmatized by friends, family, strangers and the media.

Words hurt. Using terms like: nuts, scary, wacko, psycho, crazy, loony, mad, insane, schizo, nut case, freak and weird to describe someone experiencing a health condition/mental illness is not simply unkind, it **INCREASES** stigma and may **DECREASE** the likelihood that the individual will get help.

SAY THIS:

- He has a diagnosis of schizophrenia.
- He died by suicide.
- He is has a mental health diagnosis.
- She is a person who receives help/treatment for a mental health condition.

NOT THIS:

- He is schizo
- He committed suicide.
- He is mental.
- She is a patient.

Be part of the community that encourages acceptance and understanding.

Help advocate for a better world, a stigma free world.

Learn more at: www.namiohio.org