

Reference Guide - Safer Language

Combating stigma related to mental illness, suicide, and substance use starts with how we use language – something that continuously evolves. That’s why we must all be aware of any outdated language being used in the media and around us every day. Everyone can be a champion against stigma when advocating the use of accurate and respectful language. So, as you communicate with others, be mindful of the impact of your language.¹

L
A
N
G
U
A
G
E

M
A
T
T
E
R
S

Stigmatizing	Respectful
It drives me crazy .	It bothers/annoys/frustrates me.
This is nuts .	This is interesting/strange/peculiar/funny .
This individual suffers from depression.	They live with/are experiencing depression.
Mentally ill or insane person	Person living with a mental health problem or illness
Committed suicide, successful suicide	Died by suicide
Failed or unsuccessful suicide attempt	Attempted suicide
Substance abuse	Substance use or substance use disorder
Everyone who is a junkie...	Everyone who uses substances...
They used to be an addict .	They are in recovery .



Mental Health Commission of Canada
Commission de la santé mentale du Canada

The Working Mind 

Suite 1210, 350 Albert Street, Ottawa, ON K1R 1A4 www.theworkingmind.ca

613.683.3755 613.798.2989

[/TWM.Canada](https://www.facebook.com/TWM.Canada)

theworkingmind@mentalhealthcommission.ca

[/TWM_Canada](https://www.instagram.com/TWM_Canada)

Financial contribution from



Health Canada Santé Canada

1 Note: This brochure is a living document and is subject to regular updates.