



Did you know?

One in 5 people will experience a mental health condition in any given year, and everyone faces challenges in life that can impact their mental health.

Despite its prevalence, mental health remains shrouded in stigma, preventing many from seeking help. One of the ways we can all work together to reduce the stigma associated with mental health is through the language we use. Your words have power and the words you use can add to the stereotypes and stigma associated with mental health.

To help reduce stigma try the following:

- Use person-first language to focus on the person first, not their diagnosis. For example, “Sam lives with schizophrenia” vs. “Sam the Schizophrenic.”
- Be mindful of the “slang” words we use. Words like “psycho“, “nuts“, “crazy“ used as slang, can add to the negative stigma.

Click [here](#) to get more examples on how to use language that doesn’t feed into negative stereotypes.

What can you do to reduce stigma?

- Learn and familiarize yourself with common mental health challenges. Get information here:
 - [Stop the Stigma: Mental Health Misconceptions](#)
 - [PsychHub Mental Health Video Library](#)
 - [How can I maintain good mental health?](#)
- Talk about mental health and make it part of the conversation
 - Share stories about mental health and be open to conversation
 - Be a good, non-judgemental listener
 - Check in on your colleagues, family and friends
 - [5 Ways Bosses Can Reduce the Stigma of Mental Health at Work](#)
- Be kind: Simple acts of kindness can go along way.
- Know the resources available and share them with others. Visit the Be Well site to learn more.



FEATURED ACTIVITY

Response Form



<https://bewell.cretex.com/0524>