



CHANGE MINDS MOVE HEARTS

Let's Talk!

Help us put an end to the stigma associated with mental illness.
This starts by changing the language we use.

Please do not use:

She is suffering from a mental illness

He's schizophrenic

She is bipolar

They are retarded

She's crazy

This week has been insane

Patient, client

Instead use:

She is living with a mental illness

He is living with schizophrenia

She is living with bipolar disorder

They have a disability

She's interesting

This week has been unbelievable.

Person living with a mental illness

Together, we can make a difference.



Clubhouse International

Creating Community: Changing the World of Mental Health

www.clubhouse-intl.org