Learn the lingo

Often people are unsure how to talk about mental illnesses. Here are some tips:

- Use "people first" language
- Say "person with schizophrenia" — avoid the use of "is schizophrenic"
- Say "mental illnesses" – plural; or "a mental illness" recognizing that each illness is different
- Say "people with mental illnesses," not "the mentally ill"
- Avoid the phrase "suffering from" and instead use "experiencing"
- Do not use derogatory words such as "crazy," "psycho," "nuts" or "insane"
- Rather than saying a "life-long or chronic illness," use "treatable or serious illness"