"PEOPLE MATTER, WORDS MATTER"

HOW DO YOU PERCEIVE MENTAL HEALTH CONDITIONS?

Language matters in compassionate care, including what you say behind closed doors with co-workers, friends or family. Understanding the prevalence of mental health conditions is an important step in how you perceive individuals and in destigmatizing mental illness. Consider the following scenarios to educate yourself and others on how to fight stigma with facts.

If you hear this	Consider responding with this...
I don't know many people with mental health disorders.	Nearly everyone knows someone who has or had a mental illness. (For reference: Research shows 1 in 5 people have a mental health condition.)
Most people don't have anxiety. Those who do just need to learn how to cope.	Tons of people experience anxiety at some point in their lives, and it's very common. However, it can be difficult to control without the right tools and resources.
We don't have a lot in common, so it's hard for us to agree on things and work together.	Great ideas come from all people. Diversity creates a rich and creative workforce.
They're very different than the rest of us. They don't fit in with our group.	We should try to include her/him/them. Many people with disabilities feel excluded at work and in social settings.
Mental health is just another way to say people are stressed out.	Mental illness is an actual physical brain disorder and emotional pain is very real. This isn't something that just goes away, and left untreated can have serious consequences.
They don't act depressed.	Millions of people live with depression every day and affects each person differently.

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