



TIPS 4 TALKING

BREAK DOWN STEREOTYPES & SHARE HOPE

#EndTheStigma



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Help people feel more comfortable by **talking** openly about mental health.



National Alliance on Mental Illness

NAMI | Maine

Tips for Talking About Mental Health

USE PHRASES LIKE:

- Mental Health Condition • The weather is “unpredictable” • He “has” schizophrenia
- Lives with, has or experiences

INSTEAD OF...

- Brain Disorder / Brain Disease • The weather is “bipolar” • He “is” schizophrenic
- Suffers from, afflicted with or mentally ill

Tips for Talking About Suicide

USE PHRASES LIKE:

- Suicide attempt / attempted suicide
- Died by suicide / suicide death • Took their own life
- Died as the result of self-inflicted injury

INSTEAD OF...

- Failed suicide or unsuccessful attempt
- Successful or completed suicide
- Committed suicide
- Chose to kill themselves

Use The QR Code For:

Support Groups & Workshops

Mental Health Resources

Teen / Youth Support



SEE MORE

Teen Text = (207) 515-8398
NAMIMaine.org