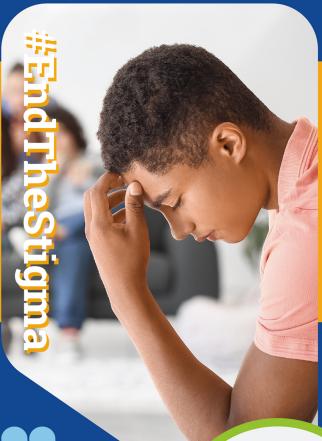
# TIPS 4 TALKING

**BREAK DOWN STEREOTYPES & SHARE HOPE** 



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

YOU OK?

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National Alliance on Mental Illness

## Tips for Talking About Mental Health



#### **USE PHRASES LIKE:**

- Mental Health Condition
   "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 themself

### Use The QR Code For:

Support Groups & Workshops

Mental Health Resources

Teen / Youth Support

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

