



Help reduce the stigma for those seeking treatment and recovery of **substance use disorder** or for **mental health disorders** by making your words matter.

SUBSTANCE USE DISORDER

Instead of this:

Say this:

Drug addict, junkie, user	Person with a substance use disorder
Recreational or experimental user	Person with non-problematic drug use
Clean	In recovery
Dirty	Currently using substances
Substance abuse	Substance use
Alcoholic	Person with an alcohol use disorder
Former addict	Person in recovery
Fix rooms	Safe consumption facility
Relapse	Return to use/recurrence
Battling/suffering from an addiction	Person living with an addiction
Drug offender	Person arrested for drug violation

BEHAVIORAL HEALTH

Instead of this:

Say this:

Suffering from mental illness	Experiencing mental illness
Crazy/insane/disturbed/psycho	Person experiencing a mental health disorder
Mental institution, looney bin	Psychiatric hospital/facility
Depressed	Person experiencing depression
Retarded	Has an intellectual or developmental disability
Committed suicide	Died by suicide
Unsuccessful suicide	Attempted suicide
Normal behavior	Usual/typical behavior
Special education student	Student receiving special education services