

Language Matters! Be a De-Stigmatizer!

Say This	Instead of This	Why
A person living with bipolar disorder	The person is bipolar	The diagnosis does not define the person-it is merely one aspect of who they are.
A person living with a substance use disorder	The person is a drug addict	The diagnosis does not define the person-it is merely one aspect of who they are.
<ul style="list-style-type: none"> • Died by Suicide • Took their own life • Killed themselves 	<ul style="list-style-type: none"> • Committed Suicide or • Completed Suicide or • Successful Suicide 	<p>Implies crime, wrongdoing, sin</p> <p>Completing something and success are typically good- Not for suicide!</p>
<ul style="list-style-type: none"> • Survived a Suicide Attempt • Non-fatal Suicide Attempt 	<ul style="list-style-type: none"> • Unsuccessful Suicide • Failed Suicide Attempt 	<p>Unsuccessful and failed imply bad outcomes-Again, not for suicide!</p> <p>Do not want to imply failure or lack of success to a person who survives their suicide attempt</p>
Suicide Attempt Survivor	Suicide Survivor	Clarifies that the person survived their suicide attempt
Suicide Loss Survivor	Suicide Survivor	Clarifies that the person survives the loss of a loved one to death by suicide

Source of information on language regarding suicide: www.speakingofsuicide.com