

The Space We Make:

For Safe Language.

How to use respectful language when talking about mental health.

Instead Of...

*It drives me **crazy***

*They **suffer** from depression*

***Mentally ill** or **insane** person*

*They **committed suicide***

*They used to be **an addict/a junkie***

Try...

It bothers/frustrates/annoys me

They live with/are experiencing depression

Person living with a mental health problem or illness

They died by suicide

They are in recovery



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Opening
Minds

If You Are in Distress

If you are in distress, you can call or text 9-8-8 (1-866-APPELLE in Quebec) at any time. If it is an emergency, call 9-1-1 or go to your local emergency department.