

LANGUAGE TO PROMOTE INCLUSION & ACCEPTANCE

Practice using warm and caring language when talking to someone about mental health challenges. Try using some of the following phrases:

“I’m here for you if you need to talk.”

“It’s okay to not be okay. There’s help available.”

“I know that you’re going through a tough time right now. I’m here to support you.”

I’m proud of you for reaching out for help. That’s a big step.”

“You’re not alone. There are people who care about you and want to help.”

Practice giving people with mental illness or substance use disorders a voice in their care.



Ask them what would be the most helpful. They may have a certain kind of help in mind, so it may be beneficial to ask.



Make an effort to talk to them and show that you care and understand. People living with mental illness often feel isolated. Talking with them one-on-one can make a difference.

Instead of trying to fix their problems, just listen. Many people just need to be heard, taking the time to listen to someone will show that you care without having to come up with a solution for them.

Don’t belittle someone’s mental illness. Everyone has occasional anxiety, depression, or some small form of a mental health condition, but this is not the same thing as living with a mental health condition. Don’t tell someone that everyone goes through what they’re going through, or that you know exactly how they feel. Also, if someone is expressing their problems, never tell them to ‘suck it up,’ it is hurtful and shows that you don’t care how they are feeling.

