

MENTAL HEALTH-RELATED INCLUSIVE LANGUAGE

Instead of saying this...	Say this...
Wow, that's so crazy	Wow, that's wild
That's insane	That's confusing; that's really complex
They're suffering with depression	They're living with depression
That's nuts	I can't believe that
They're totally acting schizo	It can be confusing because they change their mind about things quite often
They're psychotic	They aren't super nice and can be manipulative
The weather is bipolar outside	The weather is changing between being warm one day, then cold the next
They're a bipolar	They're a person with bipolar disorder
They're borderline	They're a person with borderline personality disorder
They're a drug addict	They're a person with substance use challenges
Can I sanity check this with you?	Can I explain my thinking to make sure that I'm not missing anything?
They were hysterical when they heard the news	They were really upset when they heard the news
That's so retarded	That's not cool
I can be really OCD about this type of thing	I really like to do things a certain way when it comes to this task
I'm going anorexic today	I'm not eating very much today
They're such a spaz	They have high energy sometimes
They're mentally ill	They have a mental illness

The Language Of Mental Health

Yi-Tong Ma



The Language Of Mental Health:

The Language Of Mental Health Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**The Language Of Mental Health**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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