Consider the language you use when referring to mental health concerns

Choosing language that reflects and empowers individual experiences, is not sensationalised, is understandable and is adapted to individual preferences or audience is recommended.

Preferred	Problematic
A person 'living with' or 'has a diagnosis of' a mental illness	Mental patient; nutter; lunatic; psycho; schizo
A person being 'supported for', 'treated for' or 'someone experiencing mental health concerns'	Victim; suffering; afflicted
Has a 'diagnosis of' schizophrenia; being 'treated for' anorexia	A schizophrenic; an anorexic
Their behaviour was 'unusual'	Crazed; deranged; mad; psychotic
'Antidepressants'; 'psychiatrists'; 'psychologists'; 'support services'	Happy pills; shrinks; nuthouse
Discharged from hospital	Released from hospital
Psychiatric or medical terms used within the correct context	Psychotic dog; schizophrenic economy; bipolar weather