

My Pledge:

To Break Stigmas by Choosing the Words I Use Carefully



I will work to choose the words carefully that I use around talking about mental health.

I will:

- **Stop using words such as crazy, insane, nuts, psycho, etc.**
 - I will work to choose the word I want to stop saying and replace it with a different word. If I slip up, I will work to rephrase it.
- **Talk about the person first and the condition second when talking about mental health disorders.**
 - For example, I will not say she is bipolar or she's depressed. I will say she has depression or she has bipolar.
- **Listen when people talk about their feelings and be mindful of others and what they are experiencing.**
 - I will not say things such as "It could be worse."

Signature