

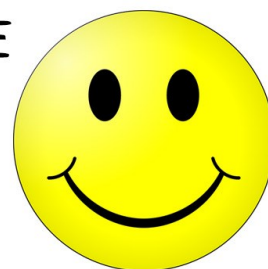
"FRUITCAKE" IS
SOMETHING YOU EAT AT
CHRISTMAS, NOT A
DESCRIPTION OF SOMEONE!



"PULL YOURSELF
TOGETHER" - SOMEONE
STRUGGLING WITH DEPRESSION
IS NOT A PAIR OF CURTAINS!



"BONKERS" - A HAPPY hardcore
compilation series, AND NOT
HOW YOU DESCRIBE A FRIEND
WITH POOR MENTAL HEALTH!



"NUTS" ARE FOUND IN A
PACKET, NOT AN ACCEPTABLE
WAY TO REFER TO SOMEONE!



"PSYCHO" - AN AMERICAN HORROR MOVIE
AND NOT A WAY TO DESCRIBE YOUR
NEIGHBOUR WHO HEARS VOICES!



MIND YOUR
LANGUAGE!
WITH ANTI-STIGMA KID



Mental Health Anti-Stigma
and Discrimination Campaign

THE IMPORTANCE OF CORRECT LANGUAGE

*****!



A FEW COMMON MISTAKES WE SHOULD BE AWARE OF

AVOID SAYING 

"DAVE IS MENTALLY ILL"

(PEOPLE ARE NOT THE SUM TOTAL OF THEIR DISORDER)

"SUSAN IS A SCHIZOPHRENIC"

"ANDY SUFFERS FROM BIPOLAR DISORDER"

DO SAY 

"DAVE EXPERIENCES POOR MENTAL HEALTH"

(LANGUAGE SHOULD BE 'PERSON-FIRST')

"SUSAN HAS A DIAGNOSIS OF SCHIZOPHRENIA"

"ANDY LIVES WITH BIPOLAR DISORDER" (PEOPLE DIAGNOSED WITH A MENTAL HEALTH CONDITION ARE NOT NECESSARILY EXPERIENCING DISTRESS...)

DON'T TRIVIALISE MENTAL HEALTH CONDITIONS!

DON'T CALL YOURSELF 'OCD' IF YOU ARE NEAT, 'DEPRESSED' IF YOU FEEL A BIT SAD, OR 'BIPOLAR' IF YOU EXPERIENCE NATURAL MOOD SWINGS...

"I CAN BE A BIT OCD..."

??!!



THE MENTAL HEALTH ANTI-STIGMA AND DISCRIMINATION CAMPAIGN SEEKS TO BRING ABOUT A CHANGE IN ATTITUDES IN THE GENERAL POPULATION OF COUNTY DURHAM TOWARDS PEOPLE OF ALL AGES WHO EXPERIENCE MENTAL HEALTH PROBLEMS.



**time to change
county durham**

let's end mental health discrimination

 CHECK OUT OUR FACEBOOK PAGE @STAMPOUTSTIGMAINDURHAM
 INSTAGRAM @STAMPITOUT_CODURHAM
 AND TWITTER FEED @_STAMPOUTSTIGMA

WANT TO GET INVOLVED? GET IN TOUCH AT STAMPITOUTDURHAM@GMAIL.COM

TURN OVER FOR SOME EXAMPLES OF WHAT YOU SHOULD NEVER SAY TO SOMEONE!

