

The way we talk about **mental health** can really make a difference

Avoid Saying

A Psycho

A Schizophrenic

**Lunatic
Nutter Maniac
Mad**

The mentally ill

Happy pills

Instead say

A person who has
experienced psychosis

Someone with a diagnosis
of schizophrenia

A person who has
mental health problems

People with mental health
problems

Anti-depressants



@SFLanarkshire



**Stigma Free
Lanarkshire**