Our words create our world

Talk about suicide the way you would talk about cancer

Most people unknowingly use words that reinforce the very stigma they want to end. Intentional language recognizes what someone is facing without defining them by it.

About suicide

INSTEAD OF	TRY
He committed suicide.	**He died from suicide.**
She killed herself.	**I lost her to suicide.**
We had two more suicides.	**We lost two more people to suicide.**
They're attention seekers.	**They don't see any other option.**
He was selfish.	**He was in so much pain.**
A permanent solution to a temporary problem.	**She couldn't see how it could ever get better.**

About mental health

INSTEAD OF	TRY
What do you have to be depressed about?	**No one chooses to feel this way.**
Stop feeling sorry for yourself.	**I'm sorry you're hurting.**
Don't do anything stupid.	**I'm here for you.**
She's acting crazy.	**She's having a difficult time and could use support.**
He needs to get over it.	**He's fighting an internal battle that's hard to see.**

> **Casual jokes matter too.** Phrases like "I'd rather die than..." can be deeply painful for someone who has lost a loved one or is having thoughts of suicide. The goal isn't perfection. It's awareness.

Need help now? If you or someone you know is thinking about suicide, call or text **988** (US) or text HOME to 741741. If someone is in immediate danger, call 911.

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