



TERMINOLOGY USED TO DESCRIBE PEOPLE WITH MENTAL HEALTH CONDITIONS

We recognized that there are a variety of terms used globally when referring to a person with a mental health condition or disorder or psychosocial disability - deriving a consensus globally on which term to use universally, will never be possible since people with lived experience have their preferences of which term/s they are comfortable with.

We prefer the use of the following terminology when referring to a person with a mental health condition or disorder or psychosocial disability - on the principle of placing the person first:

- **Person with lived experience**
- **Person with psychosocial disability**
- **Person with a mental health condition/ mental disorder/ mental health problem**
- **Service user/ mental health care user**

Terms to be avoided, because of their attributes of having some discriminatory connotations:

- **Mentally ill**
- **Mentally challenged**
- **Mentally disturbed**
- **A schizophrenic**
- **A bipolar**
- **A depressive**

Terms to NEVER use when referring to a person with lived experience - which are disrespectful and promote discrimination:

- **Crazy**
- **Mad**
- **Insane**
- **Lunatic**
- **Disturbed In general,**

A person should never be defined by their mental health status.