

PERSON FIRST LANGUAGE

Person first language is a way of speaking that is emphasizes a person's wholeness, while maintaining respect for an illness, condition, or experience. Person first language helps eliminate stigma, discrimination, and feelings of isolation and fosters better understanding of mental health problems.

INSTEAD OF:

- A schizophrenic
- The homeless
- A depressed person
- The poor
- A diabetic
- He is bipolar
- The mentally ill

TRY:

- A person living with schizophrenia
- People experiencing homelessness
- A person diagnosed with depression
- People from income-limited communities
- A person living with diabetes
- He has bipolar disorder
- People with mental illnesses

REMEMBER:

Person first language is encouraged when writing or speaking about a group as an entity. Try to use person first language unless told otherwise by the individual you are speaking to.