1. USE PERSON-FIRST LANGUAGE. Using language identifying a person before a mental health concern they live with is more inclusive and respectful. For example, you may refer to a “person with bipolar disorder” instead of calling them a “bipolar person.”

2. SEE THE PERSON, NOT THE CONDITION. 1 in 5 in the U.S. live with a mental health condition and each of them has their own individual story that says more about them than their diagnosis does.

3. AVOID BLAME. It would be disrespectful to tell someone to “get over” cancer, and the same applies to mental health conditions.

4. AVOID DISRESPECTFUL OR MISUSED TERMS. Avoid casually and incorrectly using “diagnostic” terms for behavior, like “she’s so OCD.” It’s also disrespectful to use phrases like “psycho” or “crazy.”

5. EDUCATE YOURSELF. Learn about the experiences of others living with mental health concerns. Understanding mental health is about dispelling stereotypes and false ideas about mental health conditions. Avoid assumptions by learning more about mental health.

6. OFFER SUPPORT. Have a hunch that a friend may have a mental health concern? Contact SCIT to get your friend help. Check out CHAPMAN.EDU/SCIT.

Brought to you by the dean of students office.