

MEDIA RELEASE

Monday 11 October 2021

New mental health quick reference language guide for Mental Health Week

For immediate release: The language we use and the stories we tell about mental health can carry a sense of hope and possibility or they can reinforce stereotypes and low expectations.

Despite the progress we have made as a community, stigma associated with mental health still exists and can be reflected in our language.

The way we talk about mental health and the things we express publicly through the media, social media, in our homes and our workplaces can make a difference.

To mark Mental Health Week 2021, Mental Health Coordinating Council is releasing a new *Recovery Oriented Language Guide: Quick Reference* tool to help all of us find the right words.

The free Recovery Oriented Language Guide: Quick Reference [link] is an easy to refer to source of respectful language to use when talking about people with lived experience of mental health conditions or mental health issues.

MHCC CEO Carmel Tebbutt says the new language guide is for everyone who wants to take positive action towards a more supportive community.

“We might not be aware of the impact of the language we use. Unintended but harmful words may affect a person’s sense of self and perpetuate social exclusion.

“Our guide explains how to use language respectfully and inclusively when working with and referring to people with mental health issues.

“During Mental Health Week 2021, I’d like to encourage all of us to check ourselves and commit to adopting language that is respectful and inclusive when referring to mental health.”

The Quick Reference is a learning and awareness tool and a valuable starting point, rather than an exhaustive list. Recovery Oriented Language Guide: Quick Reference complements our popular 16-page comprehensive Recovery Oriented Language Guide.

Both guides were developed by Mental Health Coordinating Council because language matters in the context of mental health and recovery.

The free Quick Reference resource comes as a pdf that can be printed out or saved to a phone and as a web page to bookmark and refer back to when looking for the right words to use.

Find the Recovery Oriented Language Guide: Quick Reference here [link]

For media queries or to request an interview with Carmel Tebbutt contact Lara Cole on lara.c@mhcc.org.au or 0421 202 643