

Reframing Language Exercise

Adapted from the *Combined Language Guide* by the African American Behavioral Health Center of Excellence.

Outdated Language	Updated/Preferred Language	Why It Matters
Suffering from a mental illness	<i>Experiencing or living with a mental illness.</i>	<i>People with mental health conditions can and do live healthy, fulfilling lives. "Suffering" implies one is unwell, unhappy, or can't recover.</i>
Mentally ill person		
Nervous breakdown		
Addict or substance user		
Committed suicide		
Crazy		
Schizophrenic		
Psychotic		