

# Recovery Oriented Language Guide

**WORDS MATTER**

Words are important. The language we use and the stories we tell have great significance. Find words that carry a sense of hope and possibility.

## FIND THE RIGHT WORDS

✘	✔
<ul style="list-style-type: none"> <li>• Sam is crazy, insane, nuts, mental</li> <li>• Sam is bipolar</li> <li>• Sam is an addict</li> </ul>	<ul style="list-style-type: none"> <li>• Sam lives with a mental health condition</li> <li>• Sam is a person with lived experience of...</li> <li>• Sam has been told they have...</li> <li>• Sam has been diagnosed with...</li> <li>• Sam is a person who experiences mental health and co-occurring substance use</li> </ul>
<ul style="list-style-type: none"> <li>• Gurpreet is manipulative, irritable</li> <li>• Gurpreet has challenging or complex behaviours</li> <li>• Gurpreet is dangerous, abusive, angry or aggressive</li> </ul>	<ul style="list-style-type: none"> <li>• Gurpreet is trying hard to self-advocate</li> <li>• Gurpreet is working on more effective ways of getting their needs met</li> <li>• Gurpreet tends to (describe the actions) when upset</li> </ul>
<ul style="list-style-type: none"> <li>• Ira is anti-social</li> <li>• Ira is isolative</li> <li>• Ira rejects help</li> </ul>	<ul style="list-style-type: none"> <li>• Ira is finding it difficult to socialise</li> <li>• Ira likes their own company</li> <li>• Ira has not yet found anything that sparks their interest</li> </ul>
<ul style="list-style-type: none"> <li>• Unsuccessful suicide</li> <li>• Committed suicide or Commit suicide</li> </ul>	<ul style="list-style-type: none"> <li>• Made an attempt on their life</li> <li>• Died by suicide</li> <li>• Ended their own life</li> </ul>

One way to embed recovery language in your work is to talk as though the people you are speaking about will hear or read what you say.

Full version of the Recovery Oriented Language Guide available at [mhcc.org.au/our-work/resources](http://mhcc.org.au/our-work/resources) or scan the QR code to download the guide.

