

# Harnessing Positive Language Changes

Using language that is empathetic and respectful around mental health and suicide encourages an environment free of stigma. The language changes below can help to create a safe, compassionate space to discuss suicide in the workplace.

| Instead of this...                      | Try this...  | Why?  |
|---|--|---|
| Unsuccessful suicide                    | “Made an attempt on his/her life”                                  | To avoid presenting suicide as a desired outcome or glamorising a suicide attempt                                   |
| Committed suicide or successful suicide | “Took their own life”, “died by suicide” or “ended their own life” | To avoid presenting suicide as a desired outcome  |
| “Name” is suicidal                      | “Name” is experiencing suicidal thoughts                           | We don’t want to define someone by their experience with suicide, they are more than their thoughts                 |
| “Name” is depressed                     | “Name” is experiencing depression                                  | Depression symptoms are temporary, therefore the person may experience depression as opposed to being defined by it |