

# YOUR IMPACT: ADDRESSING STIGMATIZING LANGUAGE

## YOUR VOICE MATTERS

FROM NEWS ARTICLES TO FACEBOOK GROUPS, STIGMATIZING TERMS ARE USED IN EVERY ASPECT OF OUR LIVES AND OFTEN TIMES WITHOUT REPERCUSSIONS. THERE IS AN OVERALL ASSUMPTION THAT BECAUSE INDIVIDUALS IN HIGH POSITIONS OF POWER USE STIGMATIZING TERMS THAT THESE TERMS ARE APPROPRIATE TO USE IN OUR EVERYDAY LIVES.

### What Can I Do?

- Know the facts surrounding mental health and substance use before speaking on the subject.
- Be aware of your attitudes and behaviour. Are they yours or ones you have been taught by society?
- Be aware of your choices of words; words have power behind them.
- Pass on your newly gained knowledge! You now have the opportunity to educate your peers.
- Focus on the person and all of their wonderful qualities.
- No matter what, remember to talk about others with dignity and respect.
- Remember to include everyone! No matter what, we need to make sure that everyone, regardless of their mental health or use of substances, is included in the conversation.

**For More Information and Education, Please Look at the Resource Below.**

<https://www.camh.ca/en/education/continuing-education-programs-and-courses/continuing-education-directory/understanding-stigma>

<https://www.camh.ca/en/driving-change/addressing-stigma>

<https://www.canada.ca/en/health-canada/services/substance-use/problematic-prescription-drug-use/opioids/stigma.html>