**Language Matters: Speaking of Suicide**

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| **Say This** | **Instead of This** | **Why** |
| A person living with bipolar disorder | The person is bipolar | The diagnosis does not define the person-it is merely one aspect of who they are. |
| A person living with a substance use disorder | The person is a drug addict | The diagnosis does not define the person-it is merely one aspect of who they are. |
| * Died by Suicide * Took their own life * Killed themself | * Committed Suicide or * Completed Suicide or * Successful Suicide | Implies crime, wrongdoing, sin  Completing something and success are typically good- Not for suicide! |
| * Survived a Suicide Attempt * Non-fatal Suicide Attempt | * Unsuccessful Suicide * Failed Suicide Attempt | Unsuccessful and failed imply bad outcomes-Again, not for suicide!  Do not want to imply failure or lack of success to a person who survives their suicide attempt |
| Suicide Attempt Survivor | Suicide Survivor | Clarifies that the person survived their suicide attempt |
| Suicide Loss Survivor | Suicide Survivor | Clarifies that the person survives the loss of a loved one to death by suicide |

Source of information on language regarding suicide: [www.speakingofsuicide.com](http://www.speakingofsuicide.com)