**Using Our Words Carefully**

The *American Psychiatric Association* (APA) recently put together a rubric to help journalists and providers write and talk responsibly about mental illness and suicide so as to not stigmatize with our words. This guide helps us think about ways we talk about and write about these issues in our work. For example, historically, the act of suicide was considered a crime. Until as recently as 1963, six states still considered attempted suicide a criminal act and people could be charged with “committing” suicide. While the laws have changed around this, as a society, our language has not.

Although some of the APA’s preferred language might seem politically correct, it’s a good conversation piece to get us thinking about how we use words at in conversations.

