



Person-First Language: Suicide Prevention

Suicide is very complex and often misunderstood. Stigma can prevent people from discussing their experiences and from seeking help when they need it.

The language we use to speak about suicide is very important and can help break down the stigma that people experience. Using person-first language to talk about suicide ensures the person is seen as a person first, before the struggles they are navigating.

Respectful	Stigmatizing
Died by suicide Death by suicide Lost their life to suicide	Commit/committed suicide
Died by suicide Suicide attempt	Successful/ Unsuccessful suicide attempt Completed/Failed Suicide
A person who may need support for thoughts of suicide	They're a suicidal risk
<Name> is living with thoughts of suicide. <Name> is experiencing thoughts of suicide <Name> is thinking of suicide.	< Name> is suicidal
A person living with mental health challenges	People like that are unstable
A person who is asking for help A person who expresses a need for support	They are just attention seeking
A person who is talking about suicide or ending their life A person who is experiencing thoughts of ending their life by suicide	They are threatening suicide

