

How we Talk about Mental Health matters



November 25th 2022 - Empower.Ment - Leiden
17 delegates

1. Glossary Feedback



Toolkit "We say, You say, They say"

"A very innovative and funny way to address the glossary of mental health words. The glossary sets out a new mindset, away from stigma and prejudice and with new core values

"The use of new definitions can create some misunderstandings and chaos, but overall it seems to have the right tone of voice and attitude - as far as a glossary can have an attitude".

2. Discussion process



In the discussion there was no agreement about the impact and success of the new definitions and terms. On the one hand people did not believe there would be a change in the mindset - certainly not among professionals. On the other hand people said that this process needs time and therefore a cultural change needs to be started and implemented to realize the new mindset. This could eventually be a process of more than a decade, but it has to start and so: "It all starts here"

3. Tone of Voice



You can really have impact on a lot of stigma, misconceptions, prejudice and even racism and hate on how you use the tone of voice: I like the term people with lived experience"

The idea of setting up project and promoting a language that is useful and within vocabulary amongst people with mental health challenges feel the most comfortable with just is simply astonishing for me

By avoiding medical language the tone of voice changes automatically. I felt that. The downside is that it can also be offending when the same is said but the tone of voice is more hard in normal language.

4. Definitions



The set up which is used to discuss the professional definitions into more "normal" definitions is built up fairly well, from definition to 'how the term is actually used in different contexts' towards the critical elements of the term and of how it is actually used - It all makes sense.

the discussion about terms like diagnosis and compliance made me think. at first i only saw it from the perspective defining the mental health, e.g. bi-polar and mental disorder, but ofcourse it's all connected and that produces labels and stigma

5. Suggestions



One of the strongest suggestions coming back a couple of times is that the glossary makes a very clear distinction between professionals, and leave them to do the diagnosis and terms that are used in manuals within the clinical context, and everyday life: Do not use these definitions in public or everyday life

The solutions provided in the suggestions are very logical, like: We can always ask the person what is the right way for them to address them when it comes to that. That made me smile.

6. Final Conclusions Glossary



The glossary has introduced new ways of definitions, terms and meanings, without indoctrination that these new definitions and terms are the only ones acceptable.

Clear distinction in the use of definitions in a clinical context and outside this context in everyday life: "Although this can lead to misunderstandings"

The medicalisation of everyday life is not always helping towards a solution.

We can always ask the person what is the right way for them to address them when it comes to that.

Empowerment impacts the lives of people, as means to taking self-responsibility and strengthening their abilities and confidence,