

Suicide Safer Language

As suicide is everyone's business, it is important we all try to use the appropriate language when talking about suicide.

Below is a guide highlighting the most common phrases and language which can be problematic, especially in promoting negative stereotypes, alongside options of preferred phrases.

Avoid	Preferred phrases	Why?
Commit or committed suicide	Died by suicide or took their own life	The word 'commit' holds negative connotations around illegality, shame, and sin
Successful or unsuccessful suicide/attempt Failed suicide attempt	Suicide attempt or attempted suicide	Avoid presenting a way that suggests a desired outcome, or glamorising a tragic event
Self-harmer	Person who self-harms	Self-harm may be a way in which someone copes but it is not who they are
Negative language that denies the possibility of recovery.	Use language that recognises and promotes the possibility of recovery	Wherever appropriate to do so, leave a conversation with a message of hope or the offer of a further contact

We can all help make a difference...

For more advice, visit:
**[startaconversation.co.uk/
suicide-prevention-stigma](https://startaconversation.co.uk/suicide-prevention-stigma)**

