

**STIGMA** IS ONE OF THE BIGGEST BARRIERS TO TREATMENT AND RECOVERY FOR SUBSTANCE USE DISORDERS TODAY. OFTEN THE LANGUAGE WE USE CONTRIBUTES TO STIGMA.

THERE ARE A LOT OF STIGMATIZING WORDS THAT ARE COMMON IN OUR DAY-TO-DAY LANGUAGE.

## WHAT YOU SAY

ABUSER  
DRUG HABIT  
ADDICT  
DRUG USER

VS

## WHAT PEOPLE HEAR

IT'S MY FAULT  
IT'S MY CHOICE  
THERE'S NO HOPE  
I'M A CRIMINAL

BY CHOOSING ALTERNATE LANGUAGE, YOU CAN HELP BREAK DOWN THE NEGATIVE STEREOTYPE ASSOCIATED WITH SUBSTANCE USE DISORDER.

## INSTEAD OF

ABUSER, ADDICT  
DRUG HABIT  
FORMER/REFORMED ADDICT

## TRY

PERSON WITH A SUBSTANCE USE DISORDER  
REGULAR SUBSTANCE USE, SUBSTANCE USE DISORDER  
PERSON IN RECOVERY/LONG-TERM RECOVERY

THINK BEFORE YOU SPEAK. HELP REMOVE **THE STIGMA**.

JOIN THE **CONVERSATION**

#WORDSMATTER



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on Substance Use  
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