Impact of these Words
These words are often used to describe someone with mental disabilities as inferior or deficient and supports stereotypical beliefs that individuals with disabilities should be viewed as abnormal, substandard, and defective.

Alternatives to this Phrase
If we are not conscious of the impact that our words carry, we may inadvertently use the power of our voice to oppress and degrade others. Here are some alternative phrases/words that can be used to transform how we understand and relate with each other through our daily interactions:

- Person living with a mental health condition
- Unpredictable or erratic (instead of “schizo”)
- That’s ridiculous (instead of “that’s so crazy”)
- Person with a learning or cognitive disability

Whether or not we understand the power of our words, we still use them…

so what kind of impact do you want to make?

For more information, visit our website:
https://www.macalester.edu/morethanwords