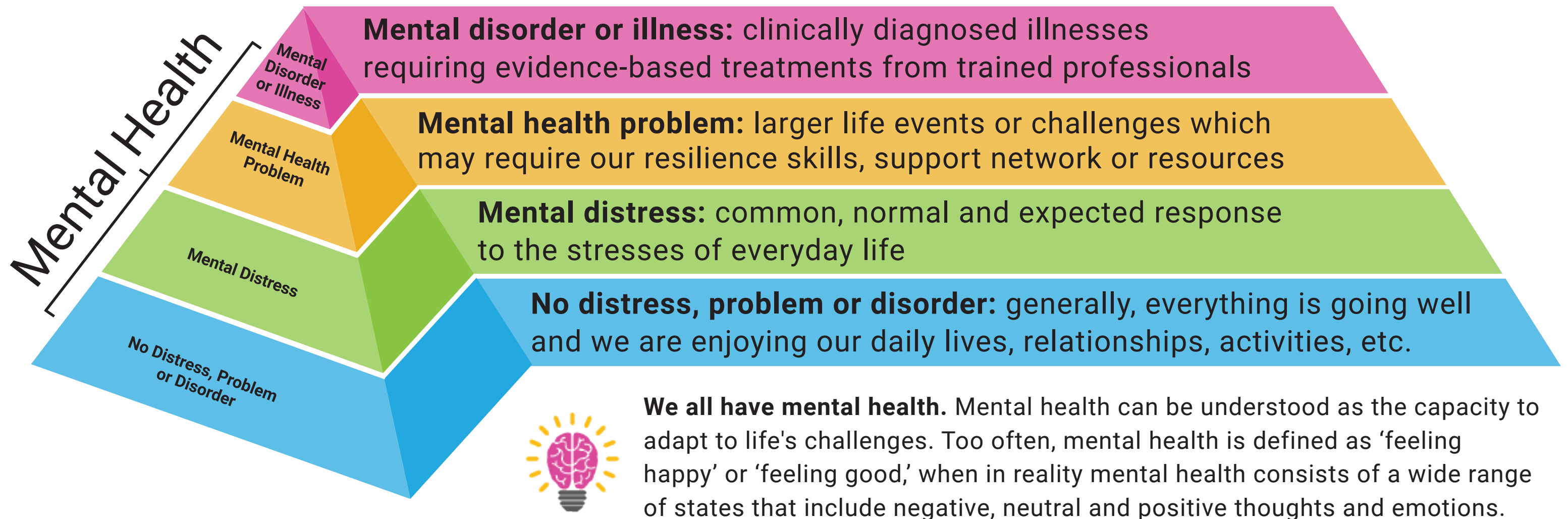


Language Matters

Using clear, shared language to talk about our states of mental health can help reduce stigma and take action. This is mental health literacy.



The Mental Health Literacy pyramid shows four distinct, yet interrelated states that help us understand and act on our mental health.

The pyramid is not a continuum – we do not progress from one level of the pyramid to another, and we can even experience each state simultaneously.

