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

**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