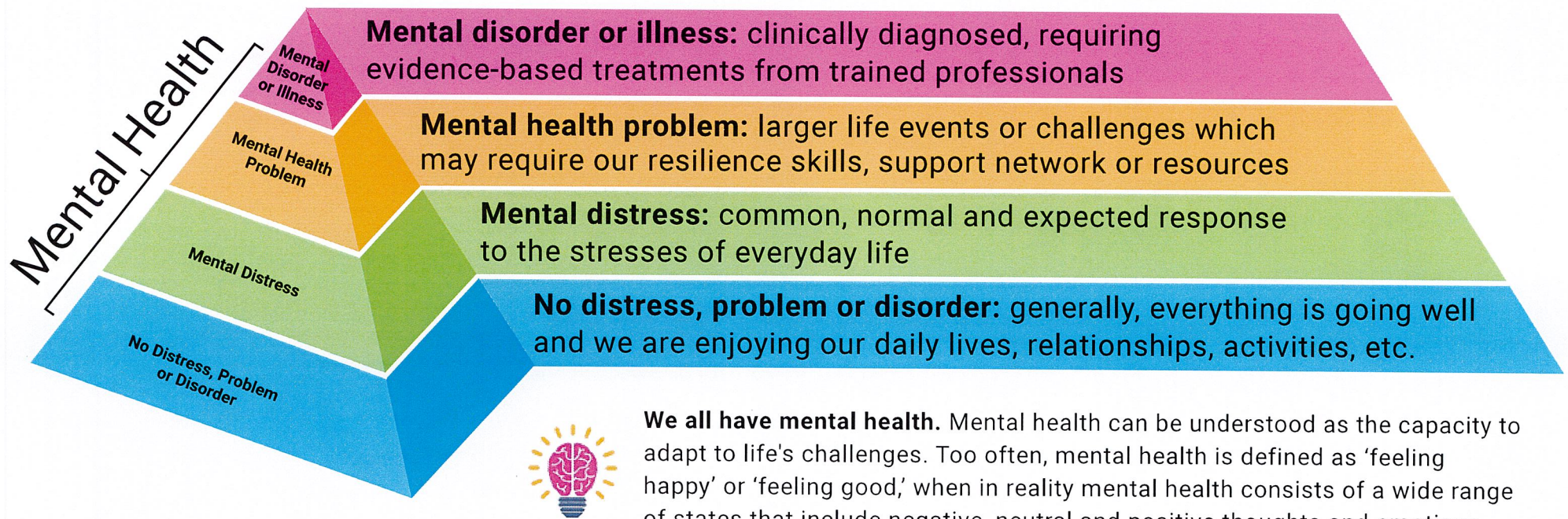


Language Matters

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



We all have mental health. Mental health can be understood as the capacity to adapt to life's challenges. Too often, mental health is defined as 'feeling happy' or 'feeling good,' when in reality mental health consists of a wide range of states that include negative, neutral and positive thoughts and emotions.

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.

