

Stigma, or negative beliefs and/or attitudes, is one of the biggest barriers to treatment and recovery for substance use disorders. There are words in our day-to-day language that often contribute to stigma.

## WHAT YOU SAY

ABUSER

DRUG HABIT

ADDICT

DRUG USER

VS

## WHAT YOU HEAR

IT'S MY FAULT

IT'S MY CHOICE

THERE'S NO HOPE

I'M A CRIMINAL

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

## 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

By choosing alternate language, you can help break down the negative stereotypes associated with substance use disorder.