



A note about language and creating an inclusive environment

IAYMH brings together a broad audience including researchers, clinicians, policy makers, service managers, educators, and young people and their friends and family who have a lived experience of mental ill-health, from across the world. We anticipate that 20% or more of the attendees will be young people with a connection to, and interest in, mental health and wellbeing.

Keeping this multi-stakeholder audience in mind, we request presenters to use **accessible** language. Some ways to do this – use clear language; avoid acronyms and explain them when you use them; use examples to explain complex concepts; avoid jargon or explain what you mean when you use jargon; etc.

IAYMH is committed to an **inclusive and welcoming** environment for all its participants as well as increasing the participation of groups traditionally underrepresented in mental health conferences: LGBTQIA+, underrepresented minorities, persons from “Global South”, persons with disabilities, Indigenous peoples, persons with lived experience, etc. We invite you to help create this inclusive, friendly, safe and respectful environment. We expect all interactions between attendees, at the conference itself and on social media, to be positive, respectful and constructive. We promote the use and respect of pronouns.

In communicating about youth mental health and mental ill-health, we ask that you use **recovery-oriented language** that conveys hope and optimism. Please avoid terminology and language that may be alienating, othering or stigmatizing, sometimes unintentionally (e.g., stating “persons suffering from mental illness”). Please avoid labelling a person or group by their mental illness (e.g., using “anorexic” or “schizophrenic” as an adjective).

Language is powerful! Let’s wield this power to promote hope and advocate for youth mental health!