

Glossary of Terms

Mental health

Something we all have, all the time. Just as physical health is the state of our body, so mental health is the state of our mind and emotions. Often when people hear the term mental health they think illness, but mental health is a spectrum between illness to wellness, with many things between.

Mental illness

This is the end of the mental health spectrum where things are not going well. Just like physical illness, mental illness can have names like clinical depression, anxiety, schizophrenia or bi-polar disorder, to name only a few. While the term mental illness is, in its definition, quite harmless and just a description, it has come to invoke harsh stereotypes. This sometimes causes people with mental illness to carry a lot of shame.

Mental distress

Distress means pain or struggle. Mental distress is a broad term that covers a range of experiences and effects on mental health when someone is going through a hard time. We like to use this term because it's not attached to any labels. You can be going through something that has an effect on your mental health, but you don't have to be put in a box because of it.

Wellbeing

This is all kinds of health: physical health, mental health, spiritual health and family health. It's the holistic, all inclusive, big picture term for how you're doing.

Stereotype

A stereotype is an oversimplified, widely held belief about a group of people, often in a negative way. If someone doesn't know or understand people who are different from them, they might put them in categories and assign beliefs to people in that category. That is stereotyping. What are the stereotypes you come across?

Stigma

This is a negative belief or attitude toward someone based on a stereotype. This negative belief or attitude is often applied to everyone who carries that label, which causes people to see them as unacceptably different.

Discrimination

Where stigma is about beliefs and attitudes, discrimination is about actions based on those beliefs. Discrimination is any action that either treats someone unfairly, or denies someone opportunity, because of a stigma or stereotype.

Empathy

Empathy is the ability to listen to someone and share their feelings. It is often shown by taking the time to connect with a person.

Social inclusion

This is a term about equality. Social inclusion is when people are included, particularly in things that are good and nice for them, like education, employment and housing. Where discrimination excludes based on stigma and stereotypes, social inclusion provides opportunities to everyone.

Social exclusion

The opposite of the above.

Effectiveness

This is how much something achieves the outcomes you want it to. For Chapters, this is how much what you do reduces stigma and discrimination towards young people experiencing mental distress.

Feasibility

This is how possible it is to do something, from it being really easy and convenient to do, through to really difficult.

Disclosure

This is when a person tells someone something they have been keeping to themselves. In mental health, this is often something they might need help with.