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Peer Group Chat

Date: 06/04/23

Title: Labels & Language

Description: Language in relation to the mental health issues we live with may take the form of a diagnostic label. Whether it's a label of another term used, language and labels are an important component of how we refer to ourselves and how others refer to us. Let's come together and discuss how we use language and how we prefer language to be used.

Amber22 (PSW)	Welcome! @bobbie :) We will be getting started shortly
bobbie	good evening
bobbie	what is the chat line opening hours for Easter?
TideisTurning (PSW)	Hi @Shaz51!
Amber22 (PSW)	Welcome! @Shaz51 :)

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Shaz51	hello @TideisTurning (PSW) , @Amber22 (PSW)
Shaz51	hello @Captain24
TideisTurning (PSW)	Great question @bobbie :) Unfortunately, the chat line will be closed over Easter, with the team returning on Tuesday 11th from 10am AEST :)
Captain24	Hi @Shaz51
Amber22 (PSW)	Welcome! @Captain24
TideisTurning (PSW)	Hi everyone. First, we'd like to acknowledge the Traditional Custodians of the various lands we are all joining this event from. We pay deep respect to the Elders of those Countries, past and present, and we further extend that respect to any Aboriginal or Torres Strait Islander people joining this group tonight. Welcome everyone to today's Peer Group Chat talking about Labels & Language
bobbie	@T thanks for the info

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TideisTurning (PSW)	<p>Tonight, Peer Support Workers @TideisTurning and @amber22 will be facilitating a discussion around the topic of Labels & Language. Whether you have lived experience of complex mental health issues, you care for someone who does, or both, the labels and language used about us can play a big and important part in shaping our identity and lives.</p> <p>We'll be moving through a number of discussion questions tonight, and it's entirely up to you how much or how little you are comfortable with sharing. Some of the conversation may be heavy in nature as we talk about struggles with labels and language, including use of the wrong ones.</p> <p>@Tyme who moderates on the SANE Forums, is working behind the scenes to ensure our safety. If you're having any technical difficulties, please see our FAQ (https://www.sane.org/peer-support/peer-group-chat/chat-faqs) or message @Tyme. We're looking forward to creating a space where we can reflect and learn more together about Labels & Language.</p>
tyme (PSW/ Moderator)	Hi everyone! @
tyme (PSW/ Moderator)	@Captain24 @bobbie @Shaz51
Captain24	Hi @tyme (PSW/ Moderator)
bobbie	Hello
TideisTurning (PSW)	<p>Within this group tonight we'll be talking about:</p> <p>The meaning and importance of labels and language for each of us individually.</p> <p>The role of labels and language in shaping identity and it's impacts.</p> <p>Incorrect or misuse of labels and language, and how it could be improved or addressed.</p>
Shaz51	hello @tyme (PSW/ Moderator)

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TideisTurning (PSW)	Welcome everyone! We will be starting the discussion shortly, and will just allow a bit more time for people to log on and join. In the meantime, feel free to introduce yourselves. I'm @TideisTurning
Amber22 (PSW)	Welcome! breezyb :)
Shaz51	ha ha @TideisTurning (PSW) , I am Shaz51 and i am a CG
bobbie	what is a CG?
Amber22 (PSW)	Welcome! @Jacques
Shaz51	@bobbie a Community Guide on the sane forum
Jacques	hello ladies, gentlemen and gender neutral peoples :)
bobbie	I am bobbie and I am unemployed and living in Sydney.
Amber22 (PSW)	I am amber22 and I am a Peer Support Worker at SANE
Jacques	@Shaz51 is an amazing community guide. congrats on the DSP too. I hope it takes the pressure off.
TideisTurning (PSW)	Let's get started! Q1: What does language mean to you? What is the importance of labels to you?
Shaz51	thank you @Jacques and you are a wonderful Community Elder
Jacques	I am Jacques, not much else to say, no one special.
bobbie	Language is one form of communication. Labels can be handy to categorise information, since there's just so much to process in daily life. But of course, they can be detrimental too
TideisTurning (PSW)	I don't know what you're talking about @Jacques! You are very special to us here :)

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Amber22 (PSW)	<p>Language is really important for me, it is a way of communicating and can often affect my emotions a lot (specifically how things are communicated more than what is actually said sometimes.) Labels are significant for me because the way my mental health is talked about is important for my journey</p>
Amber22 (PSW)	<p>You're very important to us!! We love having you on these Peer Group Chats :) @Jacques</p>
Jacques	<p>aww thank you @TideisTurning (PSW) that is kind of you. thank you. i always refer to myself as a ghost, here but not really here.</p>
Shaz51	<p>and you are very important to me @Jacques</p>
TideisTurning (PSW)	<p>Yes @Amber22 (PSW). The way language is used to communicate things can be really impactful!</p>
TideisTurning (PSW)	<p>Language for me, is a way of communicating identity, as labels can also be. The difference being that labels relate more to something like a diagnosis, for example. Both are important. Labels and language are something everyone has a choice about, and I feel like it's really important to respect individual's choices about their preferences with labels and language and how they are used in reference to them.</p>
Jacques	<p>labels had a huge impact on me as a child, teachers and parents always called me gay because I enjoyed cooking and making cakes. they said I should have been out doing "boys" activities. in high school I was always called a loser and a waste of space by teachers. it was not until I was into my 30's I finally convinced myself labels are what others think of me not what I think of myself. words can do so so much damage to a person's self worth and self esteem.</p>

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bobbie	I guess labels are useful for explaining MH issues to people - to help them understand quicker and more easily. I find it tricky though. I've been thinking about telling someone about my condition - but not sure how best to put it through
Amber22 (PSW)	Welcome! @chibam :)
chibam	Hi all!:)
TideisTurning (PSW)	It's tough one labels are assigned to you young @Jacques, and such negative ones at that! It makes sense it would take a while to come back from that. It's a lot to un/re learn
TideisTurning (PSW)	Hi There @chibam :)
Jacques	language to me tells me a lot about another person's character and an indicator or hostile or friendly intentions. I try to be very articulate when I speak to not offend or disrespect others. I think it can really show who a person is and what they stand for and how they see the world.
Amber22 (PSW)	Labels can be useful for mental health issues as well @bobbie but I agree, it can be a bit tricky, and you don't want people to over generalise
Amber22 (PSW)	Welcome! @Appleblossom :)
TideisTurning (PSW)	Q2: What do you think is the impact of language and labels?
chibam	Q1: Language and labels are utterly useless unless everybody's working off the same dictionary. The whole point of language is to communicate, and if we can't build coherence and consistency with our labels, we are doomed to fail forever.
Captain24	I was always labelled as shy, weird and moody. I guess I still am.

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bobbie	Yes, over-generalise = no good. Stigma, media stereotyping - all that plays a part.
Amber22 (PSW)	Welcome! @sammy3
sammy3	hi all
tyme (PSW/ Moderator)	Hi @sammy3!
Jacques	yes @TideisTurning (PSW) I was very confused with how I was treated. they are the main examples. words and actions can have a lasting impact on an individual.
chibam	Hi @sammy3 :)
Jacques	hi @sammy3 and @Appleblossom
Captain24	Labels can stick and shape the way you see yourself.
Amber22 (PSW)	Language and labels have a big impact on how I feel. The way language is communicated is important, but also what they are saying plays a part in it too. As I mentioned before, labels can be a tricky one because they can be easily overgeneralised and can also stick with us when we don't want them to, but they can also be helpful when trying to explain to others what we are going through.
TideisTurning (PSW)	Absolutely @Captain24. Words can have a lot of power!
bobbie	How someone talks to someone, and how it's received is kinda important. Not everyone is in a good enough headspace to shrug reckless comments off. Positive communication can really make a difference. I was quoting this quote recently:
bobbie	"Thaw, with her gentle persuasion, is more powerful than Thor with his hammer. The one melts, the other breaks into pieces." ~Henry David Thoreau

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Jacques	the impacts and consequences of labels and language are huge, they can set a person up for failure or success, they can cause hurt, pain and suicide in some cases or they can turn a person's life around. the impacts can be lifelong.
Shaz51	very true @Amber22 (PSW) , that is why my husband does not want me to tell anyone or explain what MI he has
Appleblossom	Hey @Jacques Good to see you. I did not realise you had that experience of being labelled in a gender way. I am glad you have found your own way.
TideisTurning (PSW)	I was going to say something about the pen being mightier than the sword, but @bobbie, what you've just said seems like a much better fit!
Amber22 (PSW)	That is why it is so important to be informed and educated, and also coming from a compassionate side always @Jacques
Jacques	i totally understand that @Shaz51 any form of perceived weakness and people will take advantage of it. my aunt has schizophrenia and as soon as she tells any potential employer she pretty much has lost any chance of getting the job. so sad how judgemental society is.
Amber22 (PSW)	Aw I get that, he probably finds it better to explain from the perspective of what he's experiencing, and he might feel judged in a way if it's communicated not the way he wants @Shaz51
chibam	But @Amber22 (PSW), even the people who formulate that education can't get it right, and continually feed people misinformation that the bearers of those labels often shake their heads at.

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TideisTurning (PSW)	The impact of language and labels can, to my mind, go a few different ways and be helpful and/or harmful dependent on a lot of factors, like how the language and/or label/s is used and the context surrounding it. Another thing I was taught in relation to labels particularly is that they can be helpful as an explanation for something but should never be an excuse.
Jacques	i agree @Amber22 (PSW) I feel respect is huge, especially in today's society. so many life pressures and a forced ideology to fit into stereotypes.
Amber22 (PSW)	I get that! Different perspectives are everything @chibam
Appleblossom	I love language and agree it influences a lot of how we think and act as individuals and throughout society. I keep trying to use language well but am ambivalent about labels. Labels have been prevalent in my life and destructive more than anything.
Amber22 (PSW)	Yes, compassion and respect! And an empathetic eye @Jacques
tyme (PSW/ Moderator)	Labels can carry stigma. Sometimes this is unhelpful, but I've also known when it has been helpful. For example, I witness a child behaving in very 'odd' ways. An adult was correcting this child and was getting frustrated because they weren't getting through. But as soon as they knew they child had a diagnosis, a wave of compassion set in, and the approach moving forward was a lot more measured and appropriate.
Shaz51	and for me @Amber22 (PSW) I have not told anyone in real life that I am on the DSP yet
TideisTurning (PSW)	Stigma can be so tough @Jacques @Shaz51@tyme (PSW/ Moderator) <3
Amber22 (PSW)	Well we are your cheerleaders!! @Shaz51

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TideisTurning (PSW)	Q3: Do you think labels around mental health are helpful, harmful, or somewhere in between? Why?
Jacques	I know what that is like @Shaz51 being on DSP or any welfare payment comes with huge labels and stigma. I have received so much negativity from family, friends and strangers because I have never had a job.
chibam	I must say, I don't like that dynamic, @tyme (PSW/ Moderator) It places doctors - the ones who have the "authority" to officially assign such labels, as the self-declared judges of what is right and wrong. I'm only aloud to live a certain way if a doctor says so, because he/she's decided I fit a certain demographic? Nothing fair or democratic about that.
Amber22 (PSW)	A bit in the middle I think - sometimes labels are great because they help me to relate with others that might be experiencing the same thing (MH wise), but other times they can be quite hurtful or overgeneralised, or have a negative stigma attached to them
TideisTurning (PSW)	I believe to a certain extent, @chibam, that everyone has a choice about the language and labels they choose to use. Just because you've been assigned a label doesn't necessarily mean you have to use it, and certainly not in all situations or with every person!
tyme (PSW/ Moderator)	I'm the same @Amber22. Labels have their place - they can sometimes be helpful and sometimes be harmful. I'm also hearing what you are saying @Chibam, and do agree to a certain extent.

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Jacques	Q3 I feel it has it's good and bad labels. some people see mental health as a weakness, especially men, there is still these ego thing that men need to be strong and not show any weakness, but I do find when I explain to someone what life is like with anxiety, depression and child abuse I have received, some people do change their views and the way they speak to me.
Shaz51	@TideisTurning (PSW) , I agree with @Amber22 (PSW)
Captain24	I think the label does usually help me understand what is happening in my life. But then it's harmful as everything is then just referred to the label. If sharing with others it is usually met with a judgemental response.
breezyb	When we say labels, are we talking more like stereotypes or diagnoses? Because I've been told by a psychiatrist that he didn't want to diagnose me with ADHD as it's just a label, and I found that really confusing and overwhelming.
chibam	Q3: TBH, I think they're a farce. Largely because they change as much as the weather, so there's no way the general population can keep up with what they (inaccurately) mean today, let alone with the equally convoluted, equally inaccurate definition they'll have tomorrow. How many people are "on the spectrum" today, when they were never even being suspected of being autistic 10 years ago? How many people have ADHD today that never had it 10 years ago? And for those of us who just want to know how to manage and cope with these people, are we all just fruitlessly spinning our wheels until a new diagnosis, with new terms, conditions and "management strategies" is invented next week?

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bobbie	Maybe he was being kind? @breezyb. I had a non-diagnosis as well. I thought she was being kind or I just don't meet the full official criteria. But I know what I have.
Jacques	oh yes @chibam the labels are almost changing yearly. it is very confusing.
TideisTurning (PSW)	It can be either @breezyb. Whatever you'd like to talk about :)
Amber22 (PSW)	That does sound confusing @breezyb , whatever resonates with you and how you want to 'label' what you're experiencing is the best way to go forward with your MH journey
chibam	@TideisTurning (PSW) That just makes the whole concept even more pointless. As I say, if the individual can "choose how to describe themselves" - essentially throwing the common dictionary to the wind, then how can communication ever hope to work? Especially when it comes to the more advanced concepts such as the ones we tend to be discussing here.
breezyb	Thanks Bobbie. He was rather condescending unfortunately. A lot of gaslighting happened as well. I have since received a proper diagnosis and the 'label' has been helpful for me as I have been able to understand myself better, so has my partner, and I've been able to seek help and improve my life.
Shaz51	yes @chibam , I was a private childcare provider and there were lots of diagnosis of ADHD going around at that time
TideisTurning (PSW)	Q4: Language is a tool to communicate our identity. How do you communicate your identity?
bobbie	sorry to hear that @breezyb, glad it worked out in the end.

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tyme (PSW/ Moderator)	Thank you for sharing @breezyb
chibam	Q4: I've given up trying, since I was only met with hostility when I tried. But IMHO, the only workable strategy is to tell people what you want life to look like.
tyme (PSW/ Moderator)	I have found the same for myself. Yes, it's a label, however, it's helped me to understand myself better as well as direct me to the supports I so desperately needed.
tyme (PSW/ Moderator)	Sorry to hear how hard it has been for you @chibam
Amber22 (PSW)	I communicate my identity however I am feeling fit that day, whether that's a label or not. I find that my identity changes depending on what I am experiencing at that point in my life, and my MH journey. Sometimes I am met with people that do not understand my MH label, and that's okay
bobbie	I statements. My art. And my social media account. Which tends to fluctuate at least a little.
TideisTurning (PSW)	Love that recognition @Amber22 (PSW) that it can change dependent on context. I feel like that can be super important too
TideisTurning (PSW)	Ooh. I love that @bobbie. Expressing it through art can be really powerful, and sometimes helpful for others to better understand :)
Jacques	hmm Q4 is a challenge for me. I don't really have an identity, I have never really had the chance to make one. I don't own anything, I live with my mum, sleep all day and night and go out for food a few times a week. never had a job, never had an intimate partner, don't have any friends to go out with. don't know anyone in my town. I guess I'm not quite sure who I am.

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Captain24	I don't really think I have an identity
Shaz51	Love that recognition too @Amber22 (PSW) I don't really have an identity and people are not very interested
TideisTurning (PSW)	That's ok @Jacques @Captain24. It can be quite the process to figure out and put your finger on, especially to be able to articulate it to others
breezyb	Identity is hard for me to grasp. I've lived my whole life trying to fit into what I'm 'supposed' to be doing but I've reached burnout point because of that (again), so I'm working on it.
Amber22 (PSW)	That's completely okay to not know what your identity is @Jacques @Captain24 , it can change and it can be whatever you would like it to be. The good thing is you don't have to keep it forever, it is something that can come and go, or change depending on how you feel. Sometimes when I am struggling to think of something that I identify with, I just think of things that make me feel a bit of joy. Sometimes that's something as simple as going for a walk in the fresh air etc.
bobbie	Everyone. I used to be like that. And sometimes, I can still feel like I don't have an identity. I met my therapist 6 years ago and she recognised what I was and told me so. So now, I guess I do. But being unemployed does funny things to your head.
Amber22 (PSW)	@Shaz51 I feel like you might also relate to my above point if you feel as if you don't have an identity, you definitely have a really nurturing side to you that we see across the forums, that is what I identify you as!

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TideisTurning (PSW)	@breezyb. That's interesting. To my mind, who you're 'supposed to be' is exactly who you are! Identity can be a tricky thing to define, and as @Amber22 (PSW) articulated so well, something that changes too :)
TideisTurning (PSW)	Q5: What could happen if the wrong language or label is used to describe complex mental health issues? Or, what's the effect when the right language or label is used?
Shaz51	thank you @Amber22 (PSW) I have been told that I care too much
Amber22 (PSW)	When the wrong label is used to describe complex mental health issues it can be really offensive, and sometimes quite degrading. It can be really hurtful, but I usually find that it often comes from people that aren't educated or haven't experienced MH like I have, so I can give them the ignorant benefit of doubt. When the right language is used I feel validated and heard! It's a great feeling to feel understood for your MH, something that we can all feel in this chat (and on the forums)
chibam	Q5: Mis-medicating is the obvious concern there.
Amber22 (PSW)	Caring too much is the best compliment @Shaz51 It means you love too much!! And that is not a bad thing at all :)
bobbie	Wrong language/label = not helpful, stigmatising.
Jacques	Q5 I find complex mental health issues really have more negative labels and effects than positive ones, my partner has complex mental health issues and it has caused her more problems. It can create mis diagnoses, wrong medications, wrong treatments. it is a difficult one. you need the label to get the best possible treatment but if the expert gets it wrong it can have catastrophic consequences.

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breezyb	Stereotypes aren't fun. I start to doubt if I was diagnosed correctly, and they really invalidate the struggles I go through on a daily basis.
TideisTurning (PSW)	I've been told that too @Shaz51. Even that someone didn't want to be part of my life because I'm apparently 'too kind'. A dear loved one I spoke to about it told me that it's likely more a reflection on the other person, who maybe struggle to accept the kindness or care for whatever reason <3
Jacques	you are awesome @Shaz51 I love your kind and caring nature, that is what makes you so special and unique, hold that label with pride my friend.
breezyb	Too kind? Is there such a thing? :P Kindness is cool! :)
Amber22 (PSW)	Stereotypes are really difficult, but they often come from people that haven't experienced what you're experiencing @breezyb and YES kindness is so cool!
chibam	@breezyb It can go the other way, though, as well. Stereotypes can be positive & uplifting for some, if they are enjoyable to behold.
tyme (PSW/ Moderator)	There must be @breezyb!
breezyb	Thanks for that perspective @chibam , I guess I just haven't experienced that yet...that I can remember anyway
chibam	I spent a fair bit of my life trying to fit into a stereotype I admired; trouble was, others didn't want to see me that way, so the public image wouldn't stick.
Amber22 (PSW)	Oh a positive stereotype! That sounds great! @chibam
TideisTurning (PSW)	Q6: When the wrong language is used, how can we challenge that? What language or label might be preferable for you?

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Amber22 (PSW)	<p>I think informing others when they use the wrong language is how we can best challenge it (if we feel comfortable to). I find the people that use the wrong language are often misinformed, and haven't experienced MH like I have, so it is best to educate them (if I feel safe to do so).</p> <p>I think that the right language or label should be communicated respectfully, and without any negative connotations (even if the other person hasn't experienced it/ is new to the label)</p>
Captain24	<p>I'm not confident enough to challenge it. I'd prefer no label. Just that I am me. There was a line in a movie I have an illness I'm not my illness'</p>
chibam	<p>Q6: Frankly, I think that a lot of time this sort of grievances completely miss the point. The problem typically isn't the words used, but the underlying attitudes towards the concept/personalities that are trying to be described.</p>
Amber22 (PSW)	<p>Love that line! @Captain24 maybe saying 'I'm just me' is challenging it enough?</p>
TideisTurning (PSW)	<p>I love that @Captain24! :)</p>
Jacques	<p>I guess with negative labels all any of us can do is educate people. for those who don't want to change their views I guess remove them from our lives. I do believe education is key, we need to teach young people to show compassion and respect. groups like RUOK, SANE, Lifeline are really changing the narrative on mental health and educating people to care for their friends and strangers.</p>
bobbie	<p>spot on @Captain24 @chibam</p>
Amber22 (PSW)	<p>Yes I totally agree @chibam , how someone says something is just as important as what they say, if not more important sometimes!</p>

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Amber22 (PSW)	Totally!! So glad that you see SANE as helping break the cycle @Jacques
breezyb	Incorrect language really bothers me, but I also don't always bring it up. It depends on who's using it, and if I have the energy to say anything. I struggle with saying it in a way that doesn't come across telling them what to do, so that's another reason I don't always bring it up.
Shaz51	I think as a carer and a wife is to educate myself as well to be able to help my husband and to help others and to speak up when people may say a negative comment to a certain MI or diagnosis
Amber22 (PSW)	That is so lovely @Shaz51 :)
bobbie	I think pick your battles, when it comes to challenging language. There's no convincing some people. I've been liking "complex mental health issues", instead of a direct label. But ask me again when I actually tell someone who doesn't have MH issues.
TideisTurning (PSW)	It's really hard @breezyb, and I find it even more so if it's personal to me. That's where it can help when others who may be more removed from it/ who it's less personal can step in to help address it :)
Amber22 (PSW)	I definitely get that, some people you know just won't change their mind and it's best to preserve your energy for people that can be educated @bobbie
TideisTurning (PSW)	You're a wonderful example of what I'm talking about @Shaz51. Keep up the wonderful work you do!

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chibam	<p>@Amber22 (PSW) not sure if we've gotten our wires crossed somewhere there. My point was that if X doesn't like Y because their "flighty", unpredictable, and unreliable, then it doesn't really matter what label - correct or incorrect - a doctor slaps on "Y". At the end of the day, X is still gonna not like Y because they are flighty, unpredictable and unreliable.</p>
TideisTurning (PSW)	Q7: What role might language and/or labels have in helping someone adjust to a newly discovered diagnosis?
Amber22 (PSW)	It could be quite relieving. From my experience, I've felt somewhat relieved when a label was given to me and it made me feel like what I was experiencing made a bit more sense to me. But I do acknowledge that sometimes the label can be hard to adjust to or hear for the first time.
Captain24	It helped me to understand my different moods and get started with treatment to help
Jacques	Q7 having a label with a new diagnosis can help you get in touch with a support group/groups and solve confusion for ourselves and others that support us.
Shaz51	it has helped me to know what my illness is and it helps me to know that what I am experiencing physically is why
breezyb	Definitely helpful for me. It explained what I was experiencing and gave me relief to know what it was. Since then, my life has improved drastically
bobbie	@Jacques Definitely. I never knew what I have is considered complex mental health needs, until 6 months ago. I didn't realise it was ok for me to call the SANE helpline. It sounded more specialised to me, and I didn't want to take up other people's time.

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Amber22 (PSW)	Of course you can call! :) @bobbie
bobbie	Now I know
chibam	I got diagnosed twice, with completely rubbish diagnoses that made no sense, so I probably have a bit of prejudice towards this sort of subject. But does anyone else here feel that the quest to diagnose with a label is just a major distraction from actually solving the patient's problems?
Jacques	yeah @bobbie I think that is a common problem that will need to be addressed by sane and lifeline, the fact people feel their problems are not bad enough to ask for support. I have experienced that myself when I have called. I felt like I was taking up their valuable time.
Jacques	@Amber22 (PSW) @TideisTurning (PSW) @tyme (PSW/ Moderator) maybe something you could possibly bring up at a work meeting at SANE. about encouraging people to get in touch.
Amber22 (PSW)	Thanks for the feedback @Jacques We will take that on board definitely!
chibam	@Jacques But it's not just a question of knowing whether or not someone's situation is "bad enough" for support, it's also a question of knowing whether or not the support is actually going to help.
breezyb	@chibam are you referring to the system distracting people, or people distracting themselves from their symptoms?
chibam	@breezyb I'm referring to therapists being more obsessed with diagnosing their patients then with actually listening to what their patients want, and tending to those needs.
TideisTurning (PSW)	Have you learned anything helpful from others' experiences here tonight that you might be able to apply in your own life? If yes, what did you learn?

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sammy3	I think, like mentioned, labels help find common ground when communicating, allowing us to find support for one. But I think it's necessary to know the limit of the role, like also mentioned before I think, that the label is not all of any one person.
Jacques	@chibam that is a difficult one, when someone is in crisis, I guess any support is better than none at all. sometimes when we are in our darkest hour just knowing someone is listening is help in itself.
Amber22 (PSW)	I've learnt that identity can be fluid, and that it can change all the time. And that labels are helpful for most of us :)
bobbie	@chibam I think that really depends on the individual professional. They could be trying their best to get to the root cause. went off it.
TideisTurning (PSW)	Took the words right out of my mouth @Amber22 (PSW)! :) Whether it was a learning or a reinforcement, I'm still trying to figure out
Shaz51	If yes, what did you learn? I have learnt from some wonderful members here encouraging me to see what they see in me, thank you xxxx
Amber22 (PSW)	Of course <3 You're amazing!!! @Shaz51
Jacques	I learned it can be scary or comforting depending on the label and the support around us. I will be trying to apply a more positive label for myself and try to build an identity for myself. I do matter and I do have a voice.
Shaz51	you are amazing too @TideisTurning (PSW) , @tyme (PSW/ Moderator) , @Amber22 (PSW)
TideisTurning (PSW)	Q: Tonight's topic may have brought up some heavy feelings as we talked about struggles with labels and language, including use of the wrong ones. Would some self-care be helpful for you after we finish? If so, what might you do?

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Jacques	I would say I learned @Shaz51 is awesome, but I already knew that
Jacques	for me a nice bakery fresh hot cross bun and a nice hot coffee, yummy :)
chibam	Q: Sahara's on tonight. I'm gonna go watch that.
bobbie	I learnt that not having an official diagnosis is not a bad thing. It gives me flexibility. I trust the people I confide in will trust me.
breezyb	@chibam I've experienced that a little bit, but also the opposite when it comes to physical health issues which was super frustrating. I also know someone who is so fixated on trying to find labels for everything she experiences, just to avoid tending to her symptoms. I've also had a therapist so fixated on one diagnosis that she was ignoring the things that I was actually wanting help with.
Shaz51	my self care is a cup of coffee made by my husband
Amber22 (PSW)	I'm going to have a hot cross bun too :) I got caramilk ones hehe
Jacques	are they nice @Amber22 (PSW) I didn't know they made ones like that?
Amber22 (PSW)	Yes from woolies! @Jacques sooooo good
Jacques	I will get some tomorrow!!!!
sammy3	Goodnight all :)
chibam	@breezyb Physical health issues tend to be a lot easier, though, because there tends to be an automatic consensus between you and the doctor as to what outcome you both want. So if diagnosis helps the doc to get you there, then it's a good thing.
Amber22 (PSW)	Let me know what you think! @Jacques :)
Shaz51	@Jacques , @Amber22 (PSW) we are having the chocolate easter buns right now

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Jacques	happy spring equinox all, I hope you all have a good easter. hugs to everyone.
Amber22 (PSW)	Yumm! Enjoy! @Shaz51
TideisTurning (PSW)	<p>Here are some further resources we recommend having a look at:</p> <p>1 on the meanings given to language and the impacts that can have- https://www.youtube.com/watch?v=6_wEI20iO3k</p> <p>2 an example of the connection between language and identity, including https://www.theguardian.com/culture/commentisfree/2016/aug/31/if-language-tells-us-who-we-are-then-who-am-i</p> <p>3 an example of how language and labels can change and the impacts it can have through the specific example of an Autism label- https://www.youtube.com/watch?v=A1AUdaH-EPM</p>
Jacques	thank you moderators for an awesome chat. it is really appreciated @Amber22 (PSW) @TideisTurning (PSW) @tyme (PSW/ Moderator)
breezyb	@chibam I think my experience might be different to most, I tend to get taken more seriously and receive help for mental health, but get ignored when it comes to physical health :P
Amber22 (PSW)	Thank you for coming everyone :) This was such a great discussion
Amber22 (PSW)	Enjoy the long weekend!
TideisTurning (PSW)	We would love to hear your anonymous feedback on today's group so we can continue to improve. It is voluntary, and will take about 4 minutes to complete: https://forms.office.com/r/yk4HS4Snnf
Jacques	night all
chibam	Night all! :)
bobbie	Happy Easter, see you all next week

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TideisTurning (PSW)	<p>Thank you for joining, and we hope you enjoyed the discussion. You are more than welcome to continue the discussion over on the SANE Forums if you would like https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-Labels-amp-Language-Thursday-6th-April-2023-7-8/m-p/1278344#M327775</p> <p>Just to note, while our support centre will be closed over the long weekend, but the SANE forums will still be available and moderated through the whole period. Other than that, keep an eye out for the next Peer Group Chat discussion about Cultivating Courage & Resilience.</p> <p>If you'd like to be informed about future Peer Group Chats, you can sign up to our mailing list here https://www.sane.org/peer-support/peer-group-chat. You can also ask questions for us to discuss in future peer chats!</p>
breezyb	I'm off to watch a movie. Thank you everyone, pleasant experience for my first chat group here.
Amber22 (PSW)	Thanks for joining us! @breezyb
tyme (PSW/ Moderator)	So great to have you @breezyb
tyme (PSW/ Moderator)	Please come again :) @breezyb
breezyb	Thanks, I'll be back :)