

## A NOTE ON TERMINOLOGY

Many terms are used to describe mental health difficulties and there are many views on the subject.

The term 'mental health problem' has been used throughout the standards document to describe the full range of mental health difficulties that might be encountered, from the psychological distress experienced by many people to serious mental disorders that affect a smaller number of people.

The term 'mental illness' is used to refer to specific conditions such as schizophrenia, bipolar disorder and depression.

The term 'user' will be used throughout this document to reflect the term 'expert by experience' and those who use mental health services.

The term 'person' will be used to describe someone of any age who accesses mental health services delivered by health and social care in any setting.

The term 'carer' is used to describe a family member including children and young people or informal carer.

A glossary of terms is provided in Appendix 9.