GLOSSARY OF SPLAT

for MENTAL HEALTH or CHRONIC ILLNESS

SPLAT the system of communicating about chronic illness or mental health based on the fact that we feel like we've been run over every single day, it's just different vehicles on different days

SPLATTIE a person with a condition that makes them feel run over every day

SPLATUS which vehicle you feel like you've been run over

SPLATVOCATE a person who doesn't feel like they've been run over every single day, who cares about and advocates for someone who does

SPLAT SCALE the range of vehicles Splatties use to communicate how we're feeling; from lightest to heaviest:

moped | Eurocar | sedan | pickup truck | tractor trailer | freight train | asteroid

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There's even more to SPLAT ...
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