

Mental Illnesses and Common Communication Challenges

Symptom/Diagnosis	Common Communication Challenges
Psychosis/ Schizophrenia	<ul style="list-style-type: none"> • May feel paranoid and have difficulty trusting others. • May struggle to realize or understand their own symptoms. • May even see or hear things that aren't really there (hallucinate). • Speaking and thinking clearly can be a challenge, making it difficult for them to organize their thoughts and complete tasks.
Depression	<ul style="list-style-type: none"> • May have trouble paying attention and remembering things. • Thinking and decision-making processes may slow down, and they may find it hard to adapt to changes. • May struggle to organize their thoughts and complete tasks.
Mania	<ul style="list-style-type: none"> • May have trouble focusing and easily become distracted. • May act irresponsibly or be irritable. • May think very highly of themselves. • Thoughts may race, and they may talk a lot or more than usual. • May struggle to organize their thoughts.
Cognitive impairment/Dementia	<ul style="list-style-type: none"> • May have difficulty finding the right words or make up new words for ones they forget. • May repeat words or phrases. • Easily lose track of what they were saying. • May revert back to speaking their native language/a language they learned as a child. • May speak less often and rely more on gestures. • Organizing words into logical sentences may be hard.



Worksheet

As you go through the training, which communication challenges do you recognize with your family member or loved one? Which communication strategies do you think could work in your situation?

Use the blank space to take notes.

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