**Communicating with a Mentally Ill Person Handout\***

People who have a mental illness exhibit symptoms and characteristics that require adaptations in the way you communicate. This adapted style of communication will increase your chances of being understood. The following table shows symptoms of mental illness and their corresponding adaptations. Always speak in a calm, patient, and reassuring tone of voice.

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\*Adapted from: “When Someone You Love Has A Mental Illness,” by Rebecca Woollis, M.F.T