Help with troubling visions, sounds, thoughts



See and hear @





Looks troubled about hearing or seeing things that are not there

Muddled talk

Mixed up thinking

Talking to no one

(Your loved one may not be distressed by the visions, sounds and thoughts.)

Do



Distract – do happy things



Talk, nod your head, don't argue, don't dismiss their worries



Keep a calm place



Remind them they are safe



Give medicine as prescribed



Talk, stay, connect...



Special things

Need help? Ring the clinic.