



Help with troubling visions, sounds, thoughts

You could see or hear



Looks troubled about hearing or seeing things that are not there

Talking to people who are not there

Muddled talk

Confused thinking

Unsettled

Not sure if it is day or night

Not sure where they are

You could do



Connect – reassure, stay with them



Keep a calm place



Use plain language



Remind them they are safe and at home



Don't argue or dismiss their worries



Share cultural practices



Give medicine as prescribed

Other things

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If you need help



Service name:

T: