



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

Yarning to no one

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

Do



Distract – do happy things



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



Keep a calm place



Remind them they are safe



Give medicine as prescribed



Yarn, stay, connect...



Special things

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Need help? Ring the clinic.

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