

## 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.)







Distract – do happy things

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

Keep a calm place

Give medicine as prescribed









Talk, stay, connect...



**Special things** 

Need help? Ring the clinic.

T