

Helping People With Mental Illness Worksheet

Following are the tips on how to help people with mental illness. Read them carefully and use them in helping people who have a mental illness.

- Don't show sympathy, Show empathy
- Ask them if they need any help or assistance
- Help them with their daily chores
- Listen to them carefully
- Don't judge them
- Accept them as they are
- Make them comfortable in sharing their thoughts and feelings
- Do activities with them which they enjoy doing
- Respect their emotions and thoughts
- Be kind to them
- Respect their privacy
- Provide them a healthy living
- Help them in remembering to take their medicines if they are prescribed with any
- Help them in remembering their appointments with the psychologist
- Give them your sincere suggestions if they ask for any