

***MENTAL ILLNESS WHAT
WE SHOULD KNOW
HOW ONE CAN HELP***

What are the Signs that could indicate the presence of Mental Disorders?

If you notice any of the following signs recurring in somebody you know, then the person **could be** suffering from a major mental disorder –

- Drastic changes in either the way person behaves or appears
- Distinct aberrations in the person's thoughts and perceptions
- A noticeable change in the person's moods and immediate emotional responses
- Illogical or inappropriate usage of speech and language by the person
- If the person loses insight, i.e. an awareness of self and surroundings

If someone you know is affected by Mental Illness -

- **Do not discriminate** or avoid a person affected with mental illness. Mental illness like any other physical illness is a medical condition.
- **Acknowledge and accept** that a family member is going through an illness which can be treated and addressed.
- **Consult a psychiatrist** to diagnose the exact nature of the illness.
- **Seek Medication.** Medication always controls the acute symptoms of mental illness. A person with mental illness can be well taken care of at home and within the family once prescribed medication is followed.
- **Create a conducive environment** at home for the well-being of a mentally ill person.

If someone in your family or someone who is close to you is affected by Mental Illness -

- ***What you should DO***

- Build trust
- Be friendly and encouraging
- Appreciate every small achievement
- Always be calm
- Listen and be patient
- Create conversations but do not argue
- Speak slowly and clearly in a normal voice
- Be understanding of what the person is going through
- Discuss the problem openly
- Encourage the person to follow a structured and regular daily routine or keep doing the tasks that he/she always do
- Speak in a clear and audible voice near the patient so that there is no room for any suspicions or paranoid feelings.
- Behave and express feelings with an affected individual like you would with any other person at home

- ***What you should NOT DO***

- Never be patronizing
- Never criticize or condemn
- Do not be over-involved
- Never pamper or overprotect
- Do not be overtly critical of their actions and behaviour
- Do not argue with them, especially in front of others
- Do not be irritated and angry
- Do not hide facts

- ***What you should do at **times of crisis** or when the affected person displays disturbing behaviour***

- Decrease distractions which could trigger episodes
- Talk slowly, clearly yet be firm
- Avoid a patronizing, authoritative voice
- Repeat statements or questions when necessary using the same words each time. Do not rephrase the question in the hope that it will become clearer
- Don't stand too close to the person in order to give him some room
- Don't display too much emotion, that may upset the person
- Don't shout, criticize or challenge the person
- Do not try and reason with the person at this point
- Avoid physical or eye contact
- Distract the person by involving him or her in other activities

For further information or help CONTACT any of these organizations in your area –

ASHADEEP

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