

Mental Health Disabilities

Mental health disabilities are not as visible as many other types of disabilities.

Some people with mental health disabilities may have:

- Hallucinations (hearing voices or seeing things that aren't there)
- Difficulty concentrating or remembering
- Acute mood swings.

Other people may not show any signs. You won't know that a person has a mental health disability unless you are told.

Here are some examples of mental health disabilities:

- Schizophrenia
- Depression
- Phobias
- Bipolar, anxiety and mood disorders.

Tips on how to interact with people who have mental health disabilities

- Treat a person with a mental health disability with the same respect and consideration you have for everyone else.
- Be confident and reassuring. Listen carefully and work with the person to meet their needs.
- If someone appears to be in a crisis, ask them to tell you the best way to help.

Using words	
Don't say	Say
<ul style="list-style-type: none">• crazy• insane• lunatic• psycho• mental• mental patient• maniac• neurotic• psychotic• unsound mind• schizophrenic	<ul style="list-style-type: none">• a person with a mental illness• a person with a mental disorder• a person with a mood disorder (for example, a person with bipolar disorder)• a person with a personality disorder (for example, a person with an antisocial personality disorder)• a person with an anxiety disorder (for example, a person with obsessive-compulsive disorder)• a person with schizophrenia