

# Mental health problems and communication

Mental health problems can affect communication. The impact varies a great deal between individuals.

This brief factsheet highlights some of the main impacts of mental health problems on communication.

It identifies general practical action you can take to remove barriers to participation that people with mental health problems may face.

People with mental health concerns can lack confidence or motivation.

They may have difficulty interacting with others.

Some people may be isolated or withdrawn. Others may talk a lot or seem uninhibited.

Some people with mental health issues do not always remember things and can be confused.

If someone is experiencing hearing or seeing things, this can affect their perception and understanding.

## Key actions

To help someone with a mental health problem to participate more fully, you can make sure:

- there is time to allow them to feel comfortable in the situation
- there is time for them to get their views across
- everyone involved shows understanding and acceptance.

## Further information:

SAMH (Scottish Association for Mental Health) ([www.samh.org.uk](http://www.samh.org.uk))