

People with Psychiatric Disabilities

PEOPLE WITH PSYCHIATRIC DISABILITIES may at times have difficulty coping with the stresses of daily life.

Their disorder may interfere with their ability to feel, think or relate to others.

Most people with psychiatric disabilities are not violent.

One of the main obstacles they face is the attitudes that people have about them.

Because it is a hidden disability, chances are you will not even realize that the person has a psychiatric disability.

Stress can affect the person's ability to function.

Try to keep the pressure of the situation to a minimum.

People who have psychiatric disabilities have varying personalities and different ways of coping with their disability.

Treat each one as an individual.

Ask what will make them most comfortable and respect their needs to the maximum extent possible.

In a crisis, stay calm and be supportive.

Ask how you can help and find out if there is a support person who can be sent for.

If appropriate, you might ask if the person has medication that they need to take.