



Tips for Talking with Congregants Experiencing Psychosis

Faith leaders and clergy are vital community members, crucial for identifying individuals in distress. Their trust, authority, and accessibility allow them to effectively support those in need.



Listen actively with empathy.

Use empathetic language like, "That must be really scary; thank you for sharing."



Encourage Professional Help.

Offer to help connect the individual to treatment.



Accept their reality and don't argue.

Avoid arguing with statements like "That's not happening." Acknowledge their reality by saying, "I can't see them, but I know you can," when referring to hallucinations.



Respect Boundaries and Ensure Safety.

If someone poses a risk to themselves or others, call 911 immediately. If not, ask for their consent to discuss their experiences with family or loved ones.



Provide Ongoing Support.

Check in with the individual and their family, and educate yourself and others about psychosis and schizophrenia.



Be sensitive.

Acknowledge the individual's or family's confusion and fear, respecting spiritual beliefs without validating delusions.

Symptoms of Psychosis

- Confused Thinking
- Mood changes
- Hallucinations
- Unusual Behavior
- False Beliefs (delusions)

SCAN QR CODE FOR MORE INFORMATION



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