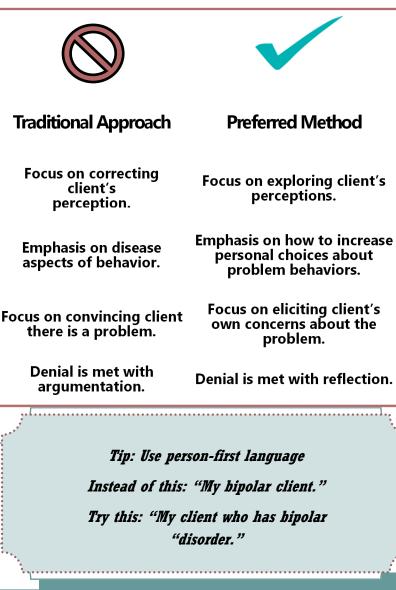
Engaging Clients Who Have Mental Health Disorders

Do not shy away from asking clients about mental health issues—let them teach you about their mental health issues. Example questions include:

- What does [anxiety] look like for you?
- How does your [anxiety] affect you?
- How does it affect others in the home?
- How do you cope or deal with your [anxiety]?

After clients teach you about their mental health issues, offer support.

• How can I help?



For more information on mental health disorders, visit https:// www.nami.org/learn-more/mental-health-conditions.

Assessing Importance and

Confidence

- ⇒ On a scale from 0 to 10, with 0 being not important and 10 being very important, how important is it to you to ______? (take your medication, find healthy ways to cope with your depression, get your kids back home, etc.)
- ⇒ On a scale from 0 to 10, with 0 being not confident at all and 10 being very confident, how confident are you that you could (go to therapy regularly, change/manage this behavior, etc.) if you decided to?

Did You Know?

About half of people who experience a mental illness will also experience a substance use disorder at some point in their lives and vice versa (National Institute on Drug Abuse).

Remember to use and refer to community partners!

- Local community mental health centers (CMHCs)
- Targeted Assessment Program (TAP)
- Resources from managed care organizations (MCOs)

#InvestingInRelationshipsForChange