

## Free Health Services

Every 2<sup>nd</sup> Saturday of the Month

Time: 10:00 AM – 1:30 PM

**\*Last patient accepted at 12:30 PM**

## Offered Health Services

- Health Screening
- Blood Pressure Screening
- Medication Counseling
- Public and Behavioral Health Education
- Dental Consultation
- Seasonal Flu Shots (October and/or November)
- Care from UCSF Providers

## Next Clinic Date:

November 9, 2019

## Who We Are

### About Us

The Mabuhay Health Center (MHC) is a volunteer-run organization that provides free health care resources to the people of San Francisco. Our main service is a free community health clinic that operates in San Francisco's South of Market (SoMa) district at the Bayanihan Community Center.

### Contact Us

(415) 633-6421

[info@mabuhayhealthcenter.org](mailto:info@mabuhayhealthcenter.org)

[www.mabuhayhealthcenter.org](http://www.mabuhayhealthcenter.org)



Mabuhay Health Center

1010 Mission Street

San Francisco, CA 94103

Mindful  
Communication  
and Support

MHC Behavioral Health



## Overview of Mindful Communication and Support

**In our community**, there can be a negative stigma around mental health conditions. That stigma can make it hard to know how to talk to loved ones who have a mental illness. To become a better ally and raise mental health awareness, follow these guidelines on how to approach, effectively communicate, and support someone who has a mental illness.

### Skills You Can Use to Support

- Remain calm
- Listen carefully
- See it from their perspective
- Show interest in their treatment plan and encourage them
- Remember: support does not mean control
- Have a non-judgmental attitude
- Find support in other people
- Express your support by being reassuring
- **Don't Give Up!**

### How to Start a Conversation

- Set aside time with no distractions
- Let them share as much (or as little) as they want to
- Don't try to diagnose or second-guess their feelings
- Keep questions open-ended
- Listen carefully to what they tell you
- Offer them help in seeking professional support
- **Know your own limits**

### Things to Avoid Saying or Doing

- “You just need to change your attitude.”
- “Just pray and think positive about it.”
- “Everyone feels that way sometimes.”
- Assuming things about them or their situation
- Being sarcastic or making jokes about their condition
- Patronizing them or saying condescending things

### Some Helpful Resources

National Alliance on Mental Health  
1-800-950-6264

Anxiety and Depression Association of America  
1-240-485-1001

Depression and Bipolar Support Alliance  
1-800-826-3632

Schizophrenia Anonymous  
866-800-5199 or 240-423-9432



