## **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

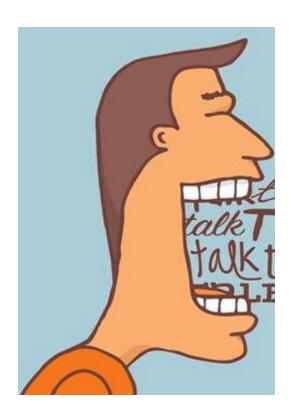
### **About Us**

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 www.mabuhayhealthcenter.org

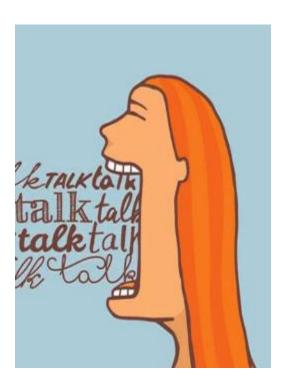




Mindful Communication and Support

MHC Behavioral Health

Last Revised: 10/12/2019



# Overview of Mindful Communication and Support

In our community, there can 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 an 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 secondguess 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

<u>Anxiety and Depression Association of America</u>

1-240-485-1001

<u>Depression and Bipolar Support Alliance</u> 1-800-826-3632

<u>Schizophrenia Anonymous</u> 866-800-5199 *or* 240-423-9432

