

## Mental Health and Communication Challenges:

# You're Not Alone



If you or someone you love has difficulty communicating, it can have a big impact — not just on your day-to-day life, but on your mental and emotional well-being, too.

Let's shine a light on how communication changes affect mental health — and what can help you feel more supported.

### If you have trouble communicating, you might feel...

- Frustrated when people don't understand you
- Lonely or isolated
- Anxious about communicating with others — even in familiar scenarios like on the phone or at a doctor's office

### If you love someone who has trouble communicating, you might feel...

- Worn out from having to "translate" or advocate for your loved one
- Disconnected
- Stressed by having to guess your loved one's needs

In a study of 240 adults, communication impairment was found to be a **significant predictor** of loneliness and depression. (Palmer et al., 2019)

## 3 Tips for Taking Care of Your Mental and Emotional Health

(if you're a person with communication challenges or a care partner)



**1. Celebrate progress.** Whether it's saying a word clearly or enjoying a day out of the house, small wins build confidence and stronger connections.



**2. Focus on communication, not just talking.** Speech, gestures, writing, drawing, or using an AAC device — it all counts and deserves to be heard.



**3. Take time for yourself.** Deep breathing, time in nature, and enjoying hobbies have been shown to reduce stress and improve happiness.

Addressing the mental health of care partners and care recipients **improves the overall well-being** in both groups. (Badesha et al., 2023)

**You deserve a supportive community.** Join our free virtual groups designed for individuals with communication challenges and their loved ones:

For people with aphasia:



**Virtual Connections**

APHASIA RECOVERY CONNECTION & LINGGRAPHICA

For people with Parkinson's disease:



The Lingraphica Community  
**for Parkinson's**

**All are welcome!**

Each group is a safe space led by a speech-language pathologist or trained facilitator.



## Lingraphica can help.

We help individuals with speech and language impairments reconnect with family and friends, improve their communication, and enrich their quality of life.

Call us at 866-599-1425 or visit [lingraphica.com](https://lingraphica.com) to find out how our communication devices can help you.

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