

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:



For people with Parkinson's disease:



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 to find out how our communication devices can help you.