

# Helm of Telepathy

March 9, 2023



Wondrous item, uncommon (requires attunement)

While wearing this helm, you can use an action to cast the [detect thoughts](#) spell (save DC 13) from it. As long as you maintain concentration on the spell, you can use a bonus action to send a telepathic message to a creature you are focused on. It can reply—using a bonus action to do so—while your focus on it continues.

While focusing on a creature with [detect thoughts](#), you can use an action to cast the [suggestion](#) spell (save DC 13) from the helm on that creature. Once used, the [suggestion](#) property can't be used again until the next dawn.