

# Mala's Helm of Clarity

November 18, 2022

Wondrous Item, uncommon

When you wear this silver helm, if you experience [Confusion](#), either the trait or the spell of the same name, you have advantage on saving throws against the spell. If an ally touches the helm and you use an action to pay attention, your immediate past flashes before your eyes and helps to orient you, so the Confusion trait decreases by 2 IEs for 3d4 × 10 minutes.