

# EARLY WARNING SIGNS

Family & Carer  
Information &  
support evenings

THINKING / PERCEPTION	FEELINGS	BEHAVIOURS
* Thoughts are racing	* Feeling helpless or useless	* Difficulty in sleeping
* Senses seem sharper	* Feeling afraid of going crazy	* Speech comes out jumbled and filled with odd words
* Thinking you have special powers	* Feeling sad or low	* Talking or smiling to yourself
* Thinking that you can read other people's mind	* Feeling anxious or restless	* Acting suspiciously as if being watched
* Receiving personal messages from the TV or radio	* Feeling increasingly religious	* Behaving oddly for no reason
* Having difficulty making deci- sions	* Feeling like you're being watched	* Spending time alone
* Experiencing strange sensations	* Feeling isolated	* Neglecting your ap- pearance
* Preoccupied about one or two things	* Feeling tired or lacking en- ergy	* Acting like you are someone else
* Thinking you might be someone else	* Feeling confused or puzzled	* Not seeing people
* Seeing visions or things other people cannot see	* Feeling forgetful or far away	* Not eating
* Thinking people are talking about you	* Feeling in another world	* Not leaving the house
* Thinking people are against you	* Feeling strong or powerful	* Behaving like a child
* Having more nightmares	* Feeling unable to cope with everyday tasks	* Refusing to do simple requests
* Having difficulty concentrating	* Feeling like you are being punished	* Drinking more
* Thinking bizarre things	* Feeling like you cannot trust other people	* Smoking more
* Thinking your thoughts are con- trolled	* Feeling irritable	* Movements are slow
* Hearing voices	* Feeling like you do not need to sleep	* Unable to sit down for long
* Thinking that a part of you has changed shape	* Feeling guilty	* Behaving aggressively