

Common warning signs

	Tick if this is an early sign for you (the first changes you spot)	Tick if this is a later sign for you
Thoughts speeding up or completely unable to switch off		
Changes in sleep (sleeping much less, much more, or very disturbed sleep)		
Changes in eating (not eating or eating more than usual)		
Having lots of critical thoughts		
Stopping/reducing contact with other people		
Not leaving the house/bedroom		
Not washing/changing clothes		
Increasing thoughts of hurting yourself		
Increasing alcohol, drugs or medication use		
Stopping medication		
Spending lots of money		

Acting out of character or without thinking		
Increase in seeing or hearing things that other people around you don't experience		
Stopping or reducing doing things you enjoy or need to do		
Other people saying they are worried		
Increase in worrying or trying to solve threats or concerns about conspiracies		
Feeling so excited that you can't rest or relax		
Feeling very hopeless		
Overwhelmingly intense feelings that don't pass		
Increase in disagreements with others		
Feeling completely numb and cut off		
Feeling like you are a burden to others, or the world would be better off without you		
Other sign:		
Other sign:		