

The Early Warning Signs Of Mental Illness

Before symptoms of psychosis such as hearing voices, thought withdrawal and delusional ideas return, they are often preceded by other earlier signs or changes. These are known as 'early warning signs'. This is similar to other physical health problems. For example, before we develop full blown flu we may start with having a sore throat or blocked nose or feel under the weather. Psychosis is often preceded by a number of different signs or symptoms which can occur days or sometimes weeks before. Early warning signs typically include changes in the way you are thinking, feeling or behaving.



The person may become:

- Suspicious of others
- Depressed or low
- Tense, afraid or anxious
- Irritable and snappy
- More quiet and withdrawn
- Puzzled about strange experiences.



Warning Signs

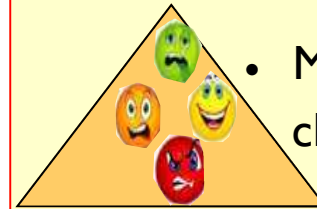
The person during Early Mental Illness may experience;



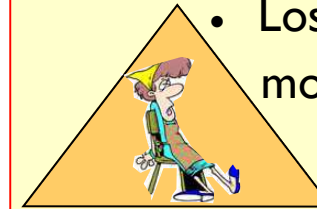
- Sleep disturbance



- Appetite changes



- Mood changes



- Loss of energy / motivation



- Difficulty in concentrating / remembering things.

W A R N I N G

A person may feel:

- That their thoughts are speeded up or slowed down.
- That things are somehow different.
- Things around them seem changed.
- Puzzled about strange experiences
- Restless.

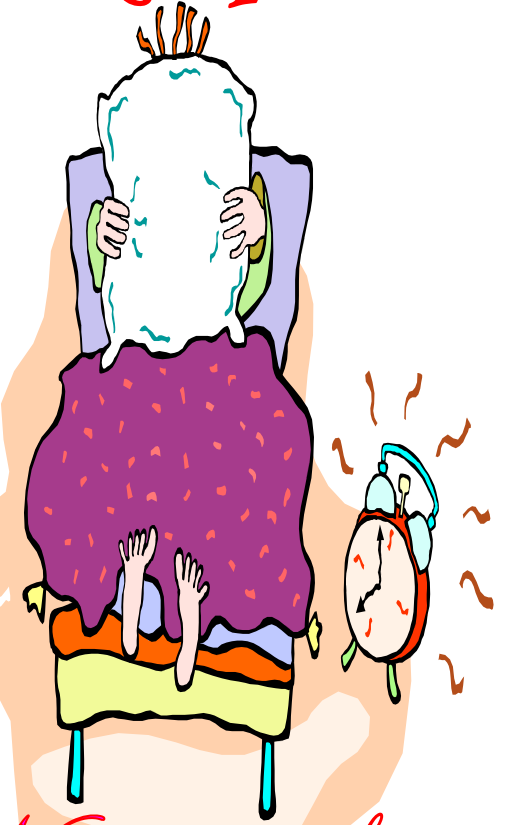


Often family and Friends are the first to notice when

A Person:

- behaviour changes
- study or work deteriorates
- becomes more withdrawn or isolated
- is no longer interested in socializing and begins to neglect their appearance or hygiene
- becomes less active
- appears confused or puzzled.

Wake Up to the



Warning Signs
MENTAL ILLNESS

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