


# ⚠ Early Warning Signs of Psychosis





- Suddenly **DOING WORSE** at work or school
- New **TROUBLE FOCUSING** or **THINKING CLEARLY**
- Feeling **SUSPICIOUS** or **PARANOID** around people
- Spending much more **TIME ALONE**
- **UNUSUALLY INTENSE** new ideas
- **STRANGE FEELINGS**, or **NO FEELINGS**
- Letting your **HEALTH** or **HYGIENE SLIP**
- Trouble telling apart **REALITY** and **FANTASY**
- Speaking in a **CONFUSED WAY**


## Action Plan to Prepare for a Schizophrenia Flare-up

If you have schizophrenia, use this sheet to prepare yourself or your loved ones to help you with a psychotic episode. If you're caring for someone with schizophrenia, review this list with them and their doctors.

HEALTH CARE PROVIDERS:		Phone Number
	1. ....	.....
	2. ....	.....
	3. ....	.....
	4. ....	.....

FRIENDS AND FAMILY:		Phone Number
	1. ....	.....
	2. ....	.....
	3. ....	.....
	4. ....	.....

MEDICATION NAMES:		Dosage
	1. ....	.....
	2. ....	.....
	3. ....	.....
	4. ....	.....
	5. ....	.....

EMERGENCY RESOURCES:		Phone Number
	1. ....	.....
	2. ....	.....
	3. ....	.....