

# RELAPSE SIGNATURE CARD

## NAME

Early warning signs are changes that occur when you start to feel sick again. A personalised relapse signature are symptoms that are unique to you and can be used to predict if you are experiencing a relapse. It gives you an opportunity to take control of your illness and get help as soon as possible. Act early - a relapse may be prevented or severity of a relapse reduced.

If you develop any symptoms again, please contact your:

Case manager: \_\_\_\_\_ @ \_\_\_\_\_

Doctor: \_\_\_\_\_ @ \_\_\_\_\_

## THINKING/PERCEPTION

- Thoughts are racing
- Senses seem sharper
- Thinking you have special powers
- Thinking you can read other people's minds
- Thinking that other people can read your mind
- Receiving personal messages from the radio or TV
- Experiencing strange sensations
- Preoccupied with 1 or 2 things
- Thinking you might be somebody else
- Seeing visions or things others cannot see
- Thinking people are talking about you
- Thinking people are against you
- Having more nightmares
- Having difficulty concentrating
- Having bizarre thoughts
- Thinking your thoughts are controlled
- Hearing voices
- Thinking that a part of you has changed shape

## FEELINGS

- Feeling helpless or useless
- Feeling afraid of going crazy
- Feeling sad or low
- Feeling anxious and restless
- Feeling increasingly religious
- Feeling like you're being watched
- Feeling isolated
- Feeling tired or lacking energy
- Feeling confused or puzzled
- Feeling forgetful or not quite yourself
- Feeling out of this world
- Feeling strong and powerful
- Feeling unable to cope with everyday tasks
- Feeling like you're being punished
- Feeling like you cannot trust other people
- Feeling irritable
- Feeling like you do not need sleep
- Feeling guilty

## BEHAVIOUR

- Difficulty sleeping
- Speech is jumbled and filled with odd words
- Talking or smiling to yourself
- Acting suspiciously as if being watched
- Behaving oddly for no reason
- Spending time alone
- Neglecting your appearance
- Acting like you are somebody else
- Avoiding people
- Not eating
- Not leaving the house
- Behaving like a child
- Refusing to do simple requests
- Drinking more
- Smoking more
- Movements are slowed down
- Unable to sit down for long
- Behaving aggressively