

# EARLY WARNING SIGNS OF PSYCHOSIS

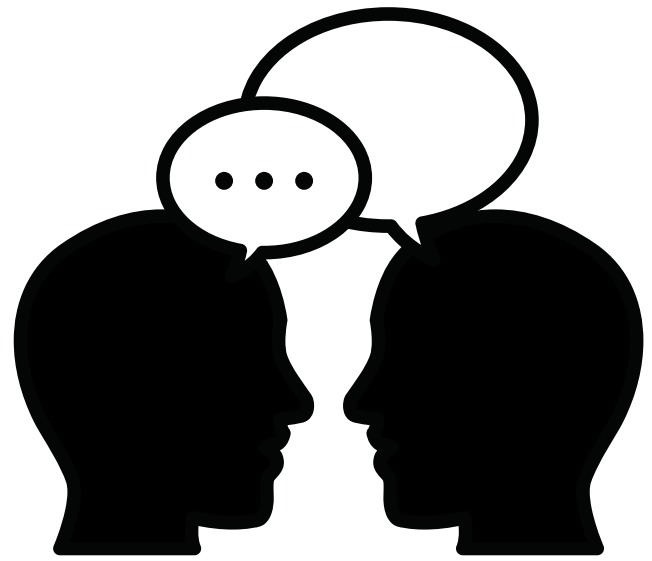


## PERCEPTION, THINKING, AND SPEECH CHANGES

- Trouble thinking clearly or concentrating
- Difficulty getting your point across in conversation
- Reduced speech/talking
- Paranoid ideas
  - Thinking that others want to harm you
  - Feeling watched or followed

## SOCIAL CHANGES

- Social withdrawal or isolation
- Suspiciousness about others
- Dropping out of social activities, worrisome drop in grades, decreased work performance



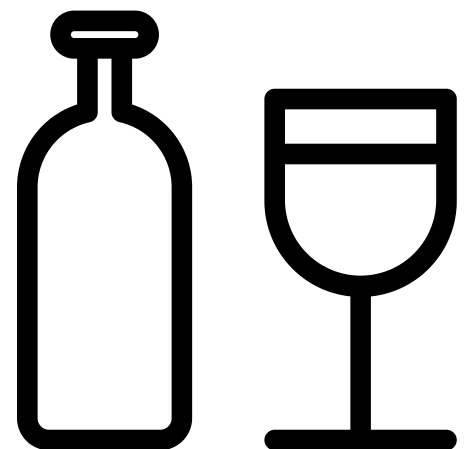
## EMOTIONAL CHANGES

- Not feeling like your usual self
  - Irritability or agitation
- Overly intense new feelings and ideas
- Feelings of depression and anxiety



## BEHAVIORAL CHANGES

- Decline in self-care or personal hygiene
- Difficulty telling reality from fantasy
  - Seeing or hearing things that others do not
- Behavior that is out of character
  - Risk-taking, or unusual behaviors
- Increased drug or alcohol use



## KNOW THE SIGNS

Both experiencing and talking about psychotic-like experiences can be frightening. Knowing the symptoms can help individuals find the resources they need. For more information, visit:

[www.PIER.uiowa.edu](http://www.PIER.uiowa.edu)

