

## Early Warning Signs:

1. Having trouble sleeping at night.
2. Having trouble focusing—watching a TV show might be more tiring than usual, or you might have trouble concentrating.
3. Changes in your energy level—either speeding up or slowing down.
4. Forgetting things more often than usual.
5. Being nervous or worried all the time.
6. Hearing voices or seeing images that no one else hears or sees (hallucinations).
7. Being afraid of people, places, or things that you used to enjoy.
8. Having thoughts that people are talking about you, laughing at you, or sending messages about you.
9. Withdrawing from others or staying in your room a lot.
10. Suddenly having the impulse to spend money or start new projects.