

List of Early Warning Signs: *symptoms of psychosis*

S1 Thoughts are racing	S29 Feeling forgetful or far away
S2 Senses seem sharper	S30 Feeling like you're in another world
S3 Thinking that you have special powers	S31 Feeling strong or powerful
S4 Thinking that you can read the minds of other people	S32 Feeling unable to cope with everyday tasks
S5 Thinking that other people can read your mind	S33 Feeling like you're being punished
S6 Receiving personal messages from the TV or radio	S34 Feeling like you cannot trust other people
S7 Having difficulty in making decisions	S35 Feeling irritable

S8 Experiencing strange sensations	S36 Feeling like you do not need sleep
S9 Preoccupied about one or two things	S37 Feeling guilty
S10 Thinking you might be someone else	S38 Difficulty in sleeping
S11 Seeing visions or things other people cannot see	S39 Speech comes out jumbled and filled with odd words
S12 Thinking people are talking about you	S40 Talking or smiling to yourself
S13 Thinking people are against you	S41 Acting suspiciously as if being watched
S14 Having more nightmares	S42 Behaving oddly for no reason

S15 Having difficulty concentrating	S43 Spending time alone
S16 Thinking bizarre things	S44 Neglecting your appearance
S17 Thinking your thoughts are controlled	S45 Acting like you are someone else
S18 Hearing voices	S46 Not seeing people
S19 Thinking that a part of you has changed shape	S47 Not eating
S20 Feeling helpless or useless	S48 Not leaving the house
S21 Feeling afraid of going crazy	S49 Behaving like a child

S22 Feeling sad or low	S50 Refusing to do simple requests
S23 Feeling anxious or restless	S51 Drinking more
S24 Feeling increasingly religious	S52 Smoking more
S25 Feeling like you're being watched	S53 Movements are slow
S26 Feeling isolated	S54 Unable to sit down for long
S27 Feeling tired or lacking energy	S55 Behaving aggressively
S28 Feeling confused or puzzled	

List of Early Warning Signs: *symptoms of mania*

M1 Taking on more and more jobs	M20 Eating more or different foods
M2 Over spending	M21 Thinking processes become faster, often jumping from one idea to the next
M3 Having many 'good ideas'	M22 Rapid flow of ideas
M4 Feeling very creative	M23 Poor judgement [making unrealistic plans]
M5 Feeling full of energy	M24 Making impulsive decisions
M6 Feeling agitated	M25 Feelings of extreme confidence
M7 Family say you are on a short fuse	M26 Feeling good humoured [desire to play tricks or tell jokes]

M8 Argumentative with family	M27 Feeling excited
M9 Doing a lot of low level exercise	M28 Feeling impatient
M10 Critical of family	M29 Genuine feeling of well-being
M11 Too talkative	M30 Feeling emotionally high
M12 Excessively sociable	M31 Sensation that senses are sharper
M13 Talking to people inappropriately	M32 More talkative
M14 Short-tempered with people	M33 Stronger interest in sex

M15 Punning and rhyming	M34 Difficulty in getting to sleep
M16 Speaking quickly	M35 Very active
M17 Telephoning friends at all hours	M36 Being outrageous or uninhibited
M18 Talking to strangers	M37 Feeling very important
M19 Increased gambling	

List of Early Warning Signs: *symptoms of depression*

D1 Generally feeling low	D12 Surroundings appear to become grey and negative
D2 Thoughts of suicide	D13 Irritation noticed by workmates
D3 Thoughts about dying or death	D14 More sleep than usual
D4 Feelings of pointlessness	D15 Poor appetite
D5 Despondency about the future	D16 Low in self confidence
D6 Misidentification of people	D17 Worrying a lot
D7 Many negative thoughts	D18 Can't get up in the morning

D8 Early morning waking	D19 Lots of aches and pains
D9 Others appear unfriendly	D20 Low interest in sex
D10 Broken sleep pattern	D21 Nothing seems enjoyable
D11 Slow-down at work	D22 Neglecting hygiene