

WARNING SIGNS OF PSYCHIATRIC RELAPSE

The following is a list of observable changes in behavior that may indicate the need for help:



APPETITE

- ♦ sudden increase or decrease in appetite
- ♦ weight loss or gain



SOCIAL INTERACTION

- ♦ isolative or withdrawn behavior
- ♦ excessive talking



MEDICATION

- ♦ resisting medication
- ♦ checking medication
- ♦ constantly asking for more medication



SUICIDE

- ♦ preoccupation with death
- ♦ thoughts of suicide
- ♦ self destructive behavior
- ♦ description of a suicide or self-harm plan



HOSTILITY

- ♦ verbal or physical threats
- ♦ desire to hurt others
- ♦ angry outbursts
- ♦ destruction of property



APPEARANCE

- ♦ decreased personal hygiene and/or self-care
- ♦ increased use of make-up
- ♦ bizarre dress



MOOD

- ♦ increased isolation
- ♦ tearfulness
- * irritability
- * unusual or unprovoked anxiety
- * agitation
- * talkativeness



THOUGHT PROCESS

- ♦ trouble concentrating
- ♦ increased response to hallucinations
- * appears distracted
- * increased confused thinking



SUBSTANCE ABUSE

- ♦ increased alcohol use
- ♦ alcohol on breath
- * seeking others' medication
- * glassy eyes
- * slurred speech