

A man with a beard is lying in bed, looking at a clock. The clock shows the time is approximately 10:10. The man is wearing a white t-shirt and is looking at the clock with a concerned expression. The background is a plain wall.

Warning signs assessment

If you tick one or more of these boxes then you need to seek support.

Speak to your line manager, a friend, a family member, and/or talk to a professional who will help you to make sense of how you are feeling.

Remember: you are not alone, there is help out there.

Have you seen any of the following changes in yourself or someone else?

Yes **No**

Changes in eating habits

Changes in performance at work

Confused or irrational thinking

Difficulty sleeping or change in sleeping patterns

Excessive feelings of anger that you feel you can't control

Going through an extended period of sadness (depression)

Not being able to cope with everyday activities and problems

Seeing or hearing things that don't appear to be there

Mood swings with extreme lows and highs

Withdrawing socially from family and friends

Unusual levels of being anxious, scared or worried