

Handout 2: Possible signs of a mental health problem

Each statement should be cut out on separate pieces of paper

Somebody who is anxious about going to a job interview next week, and is having difficulty in sleeping and concentrating.

A 75-year-old woman returning home from the shops, who ends up where she used to live 20 years ago.

Someone who thinks they can heal the world from all illness because of the special powers they receive from an alien race.

Someone who hears voices when nobody is around.

Someone who feels that people at work are talking about them when they are not there.

Someone who avoids using the underground because they panic when they get to the platform.

Someone who prefers their own company and does not have many friends.

Someone who cannot leave the house until they have checked that all the windows are locked.

Someone who has been waking up two hours earlier than normal every morning for the last two weeks.

Someone who is worried about their weight and feels that they are too fat.

A man who drinks 40 alcohol units a week. (The recommended amount of alcohol for a man is 14 units per week.)

Someone who is very upset and tearful over the death of a friend.