

NAMI Homefront Mental Health Resources

for Military Service Members, Veterans and Their Families

Warning Signs of Relapse

- Feeling more tense or nervous*
- Having more trouble sleeping*
- Feeling that people are talking about them*
- Change in level of activity*
- Having more trouble concentrating*
- Having more nightmares or bad dreams
- Hearing voices or seeing things
- Feeling more depressed
- Feeling that someone else is controlling them
- Not taking care of personal hygiene
- Feeling badly for no apparent reason
- Losing interest in things they like doing
- Feeling angrier over little things
- Spending less time with friends
- Thinking about hurting themselves
- Enjoying things less
- Feeling more aggressive or pushy
- Feeling too excited or overactive
- Eating less
- Having trouble relating to family
- Having more religious ideas
- Having frequent aches and pains
- Preoccupied with one or two ideas
- Having trouble making sense when talking
- Increased substance use (alcohol or other drugs)
- Feeling like they are forgetting things
- Feeling worthless
- Thinking about hurting someone else
- Fear they are losing control of their mind or thoughts



**Universal warning signs*

McFarlane, W., Terkelson, K., "New Approaches to Families Living With Schizophrenia." Institute, 62nd Annual Ortho-Psychiatric Meeting. N.Y.