I hear voices
and no one is there

I go
days with no sleep
but feel totally energized

I find
hidden messages
aimed at me on TV, the
radio and internet

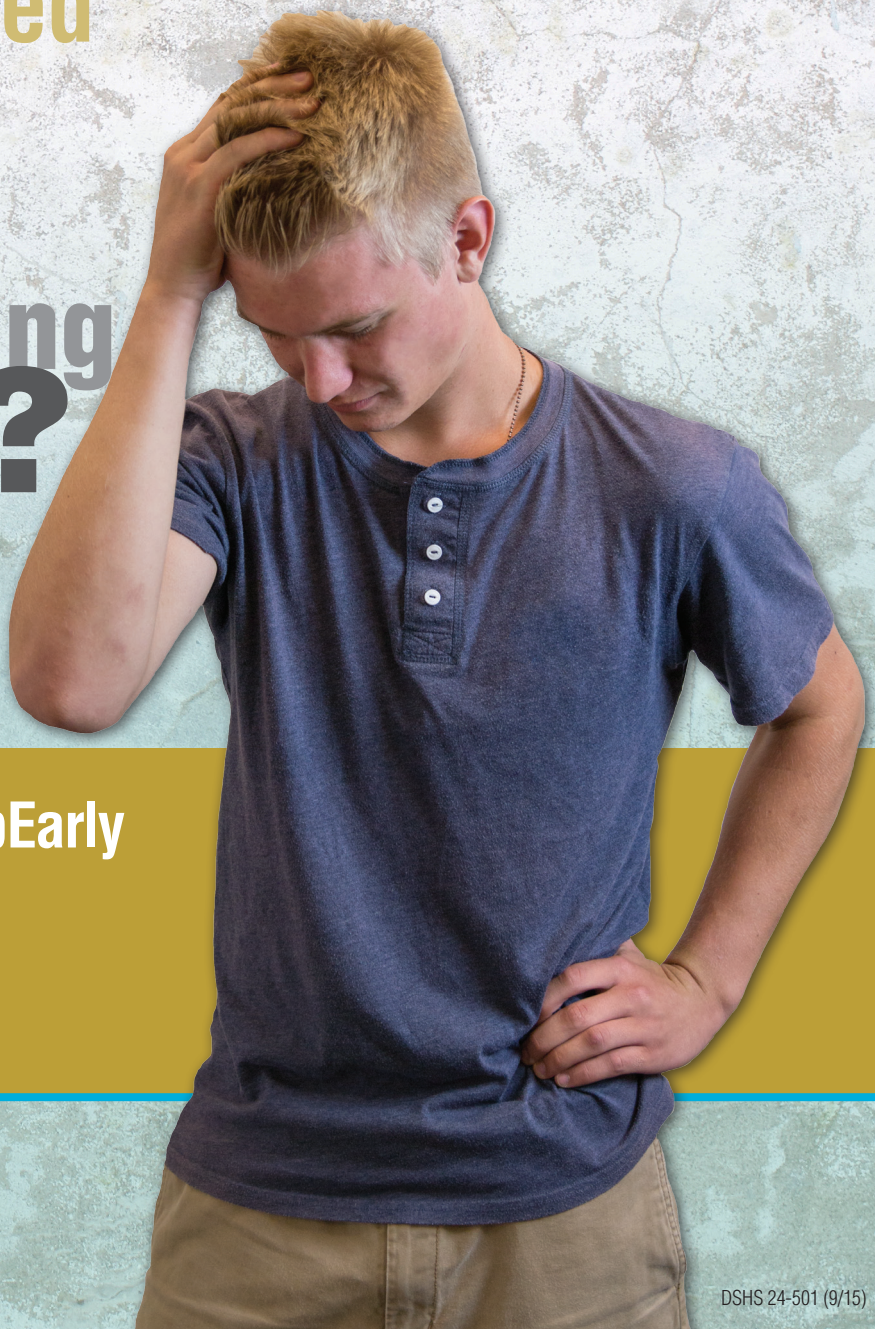
I believe I have
special abilities
or powers

I think I'm being
followed or
watched

I think there's a
plot against me

Worried something is wrong?

find out what's happening



www.dshs.wa.gov/GetHelpEarly

Washington State
Department of Social
& Health Services
Transforming lives

Washington
Recovery Help Line
24-Hour Help for Substance Abuse, Problem Gambling & Mental Health
1.866.789.1511
(206.461.3219 TTY)

DSHS 24-501 (9/15)