

# Something is not quite right

## A SANE Checklist Pamphlet

# sane

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## Factsheet

Are you worried about someone whose behaviour has changed?

If someone you know has become confused, avoids people, or developed strange ideas not shared by others, then it's important they talk to a doctor to get help . . .

The reason for this change may be that they have an illness. A doctor can treat this, so that they feel better again.

### Checklist

Encourage someone to see a doctor if anything on this checklist describes how they feel or act –

- Stop talking to family and friends
- Become afraid or suspicious for no reason
- Sleep poorly or often be awake all night
- Develop strange ideas
- Hear voices no one else can hear
- Feel they have special powers
- Have difficulty concentrating
- Say or write things that don't make sense
- Abuse drugs or alcohol.

### How to get help

- Encourage the person to see a doctor.
- Offer to go with them, as a support.
- Ask for a longer appointment, so there is lots of time to explain concerns.
- Suggest you write some notes together, to help explain things to the doctor.
- If the person is reluctant to seek help, visit the doctor yourself to ask for advice.

### How to get information

- For information and referral, call the SANE Helpline on 1800 18 SANE (9-5 weekdays) or email [helpline@sane.org](mailto:helpline@sane.org)
- Visit the SANE website at [www.sane.org](http://www.sane.org) for Factsheets and other useful stuff.