

When discussion with the GP is likely to be important

- When the **GP is already involved** in your care about this problem
- If you have **new or worsening physical symptoms**
- If you think **your physical health is strongly impacting on your mental health**
- When there are **medication issues**
- If you are **concerned about having ADHD or Autism/Asperger's Syndrome**
- If your **mood has been 'stuck down low' for more than 2 weeks and you are struggling to do the things you need to do**, meaning that compared to what is normal for you, you feel low or sad no matter where you are/what you are doing/who you are with. This is often accompanied by a loss of interest and pleasure in the things you would normally enjoy.
- If you feel **tense and restless and unable to relax no matter where you are/what you are doing/who you are with and you are struggling to do the things you need to do**, meaning that this feeling of anxiety is with you all the time. This may be accompanied by you worrying more about the things in life that don't normally bother you.
- If you are bothered by **repeated intrusive thoughts or images** running through your mind that you wish would stop but they keep coming anyway
- If you are experiencing **Hallucinations** - Hallucinations may include:
 - Seeing things that other people don't see.
 - Experiencing tastes, smells and sensations, such as feeling insects crawling on your skin when there are no insects there.
 - Hearing voices that other people don't hear.

- If you are experiencing **Disorganised thinking and speech**
 - Racing thoughts: thoughts go through your head very fast.
 - Flight of ideas: your thoughts move very quickly from one idea to the next.
 - Speaking very quickly with other people finding it hard to understand you.
 - Your speech sounds jumbled and doesn't make sense to other people.
 - Finding it difficult to keep your attention on one thing.
- If you are experiencing **Delusions** - Lots of people have beliefs that many other people don't share. But a delusion is a false belief that no one else shares. You still believe it even if it doesn't make any sense. Some delusions are positive. You might believe you are very rich, powerful or important. This is sometimes called delusions of grandeur. Delusions may also be very negative and frightening. You might feel that something or someone is trying to harm you. This is sometimes called having paranoid delusions.