

I hear voices
and no one is there

I go
days with no sleep
but feel totally energized

I believe I have
special abilities
or powers

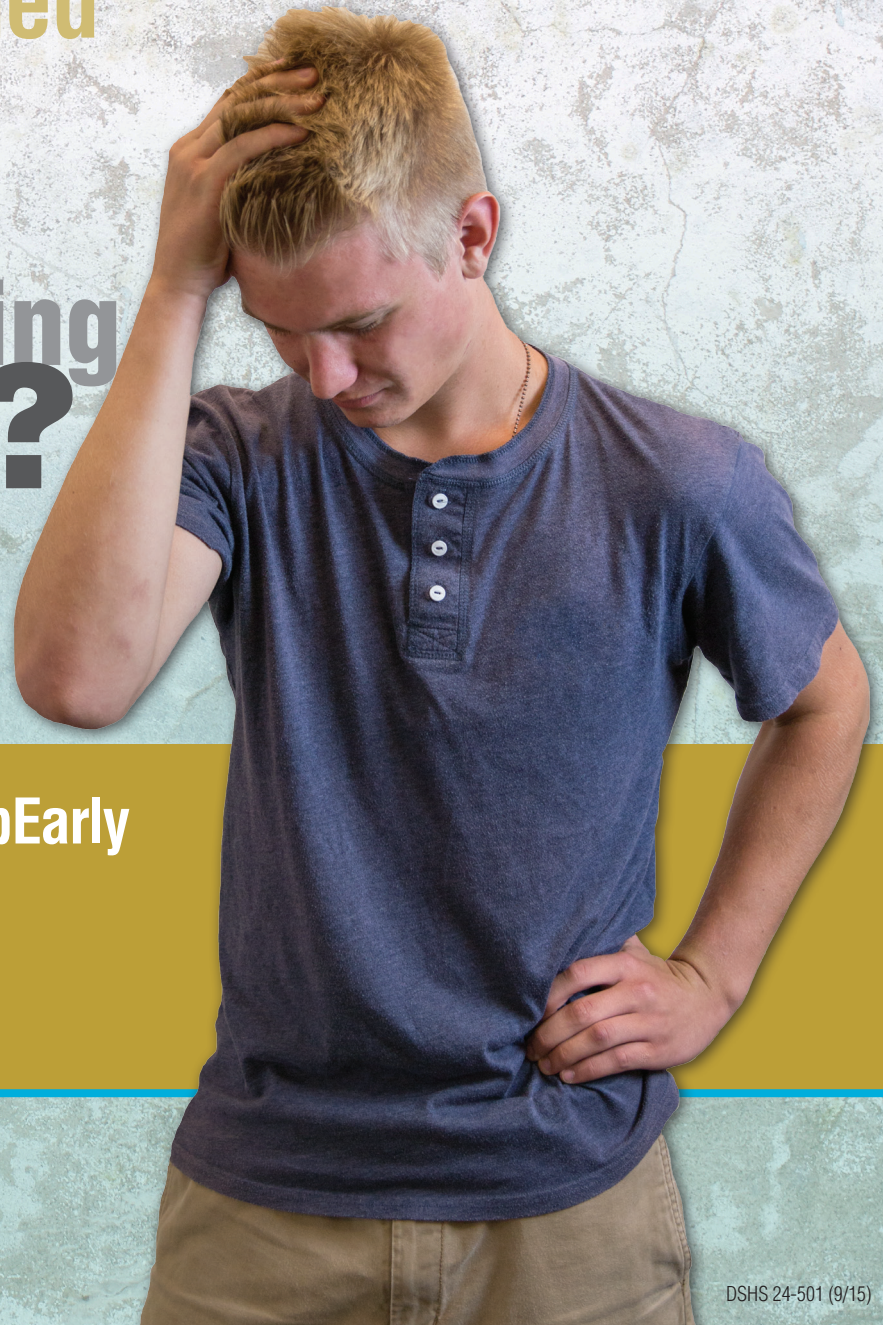
I find
hidden messages
aimed at me on TV, the
radio and internet

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

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