

Fact Sheet 2

Client information

At the present time you may be having some difficulties, you may be experiencing problems with the way you think, perceive things or you may be hearing strange things such as noise or voices. These things will not be happening that frequently and in fact some of the time you may be able to ignore them or do things which minimises or even at times stops these experiences. However, there has been sufficient concern either from yourself or someone close to you that some assistance from our team may be of benefit.

It is possible that you may have been under more than usual amounts of stress for various reasons and this could have affected things like sleep, you might have started drinking more than usual or even taking drugs.

In combination, reduced sleep and increased stress can lead to people having "odd thoughts" which would be out of keeping with the way they generally think about things.

You may well think that these experiences are not that bad and not worth bothering talking about, you may feel unsure about what they are but not particularly distressed, on the other hand they could be affecting some aspects of the way you usually live your life.

It could be that things resolve themselves over a period of time, that things return to normal and you do not have anything like this happen again in the future although there is another possibility that if things continue they could potentially get worst. We cannot say at this point which group you fit into. What we know is that by tackling these difficulties at this point rather than just leaving them, we could help to resolve them early and also work towards preventing them happening again or minimising the chance of them happening again.

"having dealt successfully with unusual and frightening ideas and experiences, I was able to understand them in simple terms and able to believe that they'd never cause me the same kind of fear and confusion again".