

**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

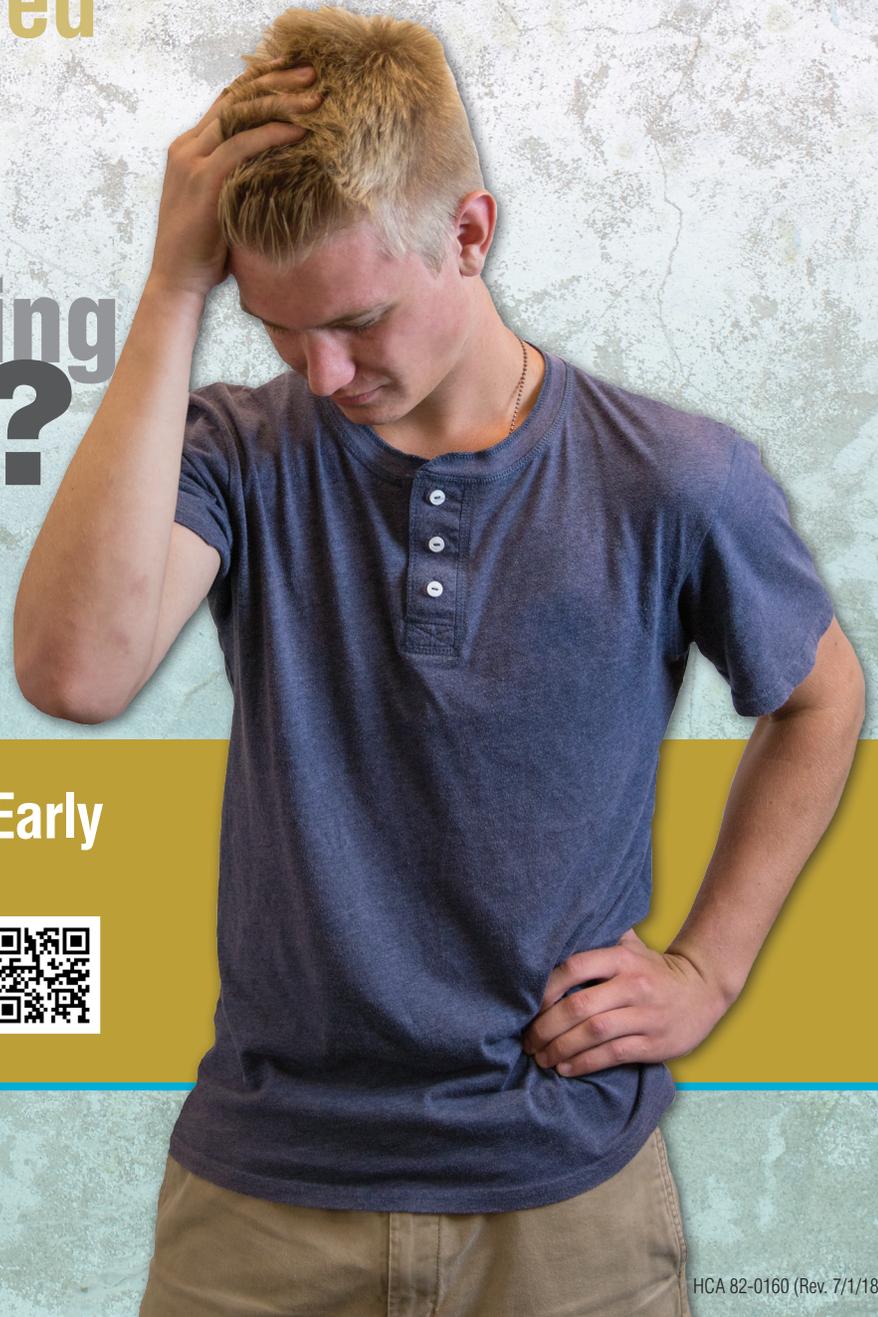
**I find**  
hidden messages  
aimed at me on TV, the  
radio and internet

**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.hca.wa.gov/GetHelpEarly](http://www.hca.wa.gov/GetHelpEarly)

Washington State  
Health Care Authority



Washington  
Recovery Help Line

24-Hour Help for Substance Abuse, Problem Gambling & Mental Health

1.866.789.1511

(206)613.3319 (T)