

Leaving the house:

- I have to be encouraged to go
- I worry for days if I know I have to go somewhere
- I get panicky before I go
- I don't sleep the night before
- I feel/ am sick beforehand
- I have to do things in a certain 'order'
- If I do it wrong I have to start again
- I have to check and re-check things

MORE ABOUT THIS/ OTHER PROBLEMS LEAVING THE HOUSE:

How many days a week could you have these difficulties?

Coping with places you don't know

- I get panic attacks
- These make me breathless/ tearful/ angry/ ill
- I am not safe
- The voices get in the way of what I'm doing
- I think people are looking/ talking about/ laughing at me
- I have shouted at people
- I have to go home without things I need
- I have to have company

MORE ABOUT THIS/ OTHER PROBLEMS GOING PLACES YOU DON'T KNOW:

How many days a week could you have these difficulties?

Getting up and dressing:

- I need encouragement to get up / dress
- I feel 'safer' in bed
- I stay in bed all day
- I go back to bed during the day
- I have to do things in a certain 'order'
- I feel very 'muzzy' in the morning
- I can't choose clothes
- I wear 'unsuitable' things

MORE ABOUT THIS/ OTHER PROBLEMS GETTING UP AND DRESSING:

How many days a week? How many times a day? How long does it take?

Having a wash/ bath/ shave

- I need encouragement to wash/ bath/ shower/ shave/ clean my teeth
- I don't wash properly
- I hate certain parts of my body
- I don't wear tampons/ towels
- I can't get rid of tampons/ towels
- I feel the need to wash/ bath/ shower very often
- I scrub my skin until it's sore

MORE ABOUT THIS/ OTHER PROBLEMS TO DO WITH PERSONAL HYGIENE:

How many days a week? How many times a day? How long does it take?

Moving around indoors:

- I sit in a chair all day
- I go back to bed in the day
- I have no energy/ motivation
- I can't concentrate to do things
- I pretend to be out
- I must do things in order
- I have to be clean all the time
- The voices distract me
- I think people are watching
- I hit the walls/ break things
- The TV says things about me

MORE ABOUT THIS/ OTHER PROBLEMS MOVING AROUND INDOORS:

How many days a week? How many times a day? How long does it take?

Using the toilet

- I sometimes don't get there in time
- I can't use other people's toilets
- I try not to drink/ eat so I don't have to go so often
- I feel I have to wash down there after going
- The anxiety makes me sick
- I sleep so heavily with the tablets I don't wake up in time to get to the toilet

MORE ABOUT THIS/ OTHER PROBLEMS USING THE TOILET:

How many days a week? How many times a day? How long does it take?

Cooking a main meal:

- I feel so low I can't start cooking
- I can only manage 'convenience' things
- I can't concentrate to get things ready at the same time
- I worry that food is poisoned
- I let things burn/ burn myself/ there have been fires
- I can't plan what to eat
- I forget to check that things are still fresh

MORE ABOUT THIS/ OTHER PROBLEMS COOKING A MAIN MEAL:

How many days a week? How many times a day? How long does it take?

Eating and Drinking

- I need encouragement to eat regularly
- I need encouragement to eat properly
- I starve myself for days on end
- I binge on food then make myself sick
- I get upset by the mess—I want to clear up before I've eaten
- I think people try to poison me

MORE ABOUT THIS/ OTHER PROBLEMS EATING AND DRINKING:

How many days a week? How many times a day? How long does it take?

Keeping well:

- I forget to take my tablets
- I won't take my tablets
- I take too many tablets
- I miss appointments/ groups
- I don't believe I'm ill
- I get depot injections
- I avoid doctors/ dentists because I can't handle waiting
- I have trouble explaining to doctors how I am feeling
- The side-effects of my tablets mean that...

MORE ABOUT THIS/ OTHER PROBLEMS KEEPING WELL:

How many days a week?

How many times a day?

How long does it take?

Talking and listening

- I don't trust/ avoid people
- I can't concentrate on what people say
- I can't speak up for myself
- I tell people what I think they want to hear
- I forget things I've been told
- I get tearful when I talk
- The voices stop me listening
- The voices tell me things about other people
- I can get very angry

MORE ABOUT THIS/ OTHER PROBLEMS TALKING AND LISTENING:

How many days a week?

How many times a day?

How long does it take?

**Paperwork/
budgeting
etc:**

- I don't open my post
- I don't respond to my post
- I can't take in the meaning of things I read
- I can't concentrate to fill in forms
- I am unable to reply to letters
- Bills go unpaid because I can't deal with the paperwork
- I am unable to budget
- When I am 'up' I spend like there's no tomorrow

MORE ABOUT THIS/ OTHER PROBLEMS WITH PAPERWORK/ BUDGETING:

How many days a week?

How many times a day?

How long does it take?

**Social life/
studies and
hobbies**

- It is hard to/ I would like to:
- Get to see friends/ relatives
 - Go out socially
 - Go swimming/ to the gym etc
 - Go to evening classes
 - Go to my place of worship
 - Go to college
 - Go out somewhere
 - Go for a walk
 - Have/ family friends round
 - Do things at home I used to enjoy like...

MORE ABOUT THIS/ OTHER PROBLEMS WITH SOCIAL LIFE, STUDIES AND HOBBIES:

How many days a week?

How many times a day?

How long does it take?

Going to bed at night

- I need encouragement to go to bed
- I put off going to bed
- The voices are louder
- I end up pacing around
- I sleep downstairs
- I'm scared of dying in my sleep
- I fall asleep with a cigarette burning/ the fire on
- I'm scared people will get in
- I stay up if I have an appointment the next morning

MORE ABOUT THIS/ OTHER PROBLEMS WHEN IN BED:

How many days a week? How many times a day? How long does it take?

When you're in bed

- I need reassurance to calm me to go (back) to sleep
- As above—due to nightmares
- As above— due to panic
- As above— due to flashbacks
- As above—due to voices
- I get up and pace around
- My tablets make me drowsy—I'm not safe if I have to get up
- I take more tablets
- I have drifted off with a cigarette burning in my hand

MORE ABOUT THIS/ OTHER PROBLEMS WHEN IN BED:

How many days a week? How many times a day? How long does it take?

Keeping everyone safe:

- I have tried to kill myself
- I plan how to kill myself
- I stop eating/ refuse to eat
- I don't eat healthily
- I make myself sick
- I cut myself deliberately
- I burn myself deliberately
- I hurt myself deliberately
- I won't go to the doctor when this happens
- I use alcohol to help me feel better
- I get angry and trash things
- I get angry and hurt myself/ other people
- I get scared and hurt myself/ other people
- The voices tell me to hurt myself/ other people
- I am vulnerable/ have damaging relationships/ friendships
- I can't look after myself
- I believe I can do anything
- I have thought I could control things—like the traffic
- I believe I can do things that are dangerous—e.g. fly
- I think I have committed crimes
- I think others want to hurt me
- I spend all my money and more
- I neglect my physical health
- the panic brings on asthma/ angina
- I get worse very quickly
- I don't believe that I am ill
- I have had to be taken to hospital against my will

MORE ABOUT THIS/ OTHER PROBLEMS DURING THE DAY:

MORE ABOUT THIS/ OTHER PROBLEMS AT NIGHT:

How many days a week?

Throughout the day?

For more than 20 minutes or repeatedly at night?

At any time, without warning?

More I
want to
say:

THE PEOPLE WHO KNOW MOST ABOUT MY MENTAL HEALTH ARE:

1)

2)

I GIVE YOU PERMISSION TO CONTACT THESE PEOPLE.

MY GP DOESN'T KNOW ABOUT MY PROBLEMS (✓)

I COULD NOT EXPLAIN MY PROBLEMS TO A STRANGE DOCTOR (✓)

I ENCLOSE/ WILL BE SENDING YOU THE FOLLOWING IN CONNECTION WITH THIS CLAIM.
PLEASE USE THEM WHEN MAKING YOUR DECISION:

MORE ABOUT MY DIFFICULTIES:

From someone who knows about my difficulties

I have asked my:

- psychiatrist
- counsellor
- psychologist
- nurse
- social worker
- keyworker
- drop in worker
- carer
- other

to tell you more here.

Name of applicant:

Context in which you know them:

How often do you see them?

When did you see them last?

Do they have a mental health problem?

YES/ NO

Does it make it hard for them to go out without company/ reassurance / guidance?

Does it affect their ability to look after themselves?

Does it affect their ability to socialise/ communicate?

Could it lead to short term or long term harm to themselves or other people?

Does it cause difficulties at night as well as during the day?

OTHER INFORMATION:

Signed:

Date:

Name and address/ stamp: