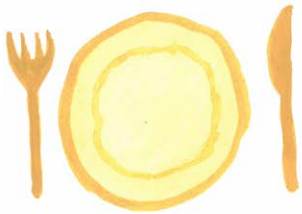


Visual Symptoms and Signs Resource

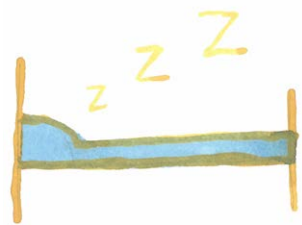
This resource is to help you think about symptoms. Sometimes when experiencing mental ill health symptoms, you may feel physical sensations or symptoms you may not link to your emotions. This may be changes in sleep, diet or pain.

Before going to the GP think about the symptoms you are experiencing and write them down. This will assist your GP with a diagnosis. It will assist you to prioritise what you would like to say to your GP.

You don't need to put something in every box. Write down any symptoms that you notice.



Diet



Sleep



Bladder/bowel



Fluid intake



Changes/problems at home



Illnesses/chronic health conditions



Relationships/social



Periods



Stimming



Sensory

See other sections of this guide or download the complete guide [here](#).