

# WARNING SIGNS OF PSYCHIATRIC DISORDERS (ADULTS)

Certain life events and circumstances may trigger the onset of a psychiatric disorder. Possible triggers include:

- Exposure to trauma
- Divorce
- Loss or grief
- Relocation



**573-615-2001 ■ 855-623-7016**

The following symptoms and changes in behavior may indicate the need for further assessment by a specialist and may qualify as admission criteria for an outpatient treatment program:

## THOUGHT PROCESS

- Trouble concentrating
- Appearing distracted
- Confused thinking
- Suspicion and paranoia

## HOSTILITY

- Verbal or physical threats
- Angry outbursts
- Destruction of property

## APPEARANCE

- Decreased personal hygiene
- Bizarre dress

## SOCIAL INTERACTION

- Isolation or withdrawal
- Excessive talking
- Feelings of loneliness
- Feelings of rejection

## SUICIDE

- Preoccupation with death
- Thoughts of suicide
- Self-destructive behavior
- Description of suicide or self-harm plan

## SLEEP DISTURBANCE

- Insomnia
- Excessive sleeping
- Restlessness
- Nightmares

## APPETITE

- Sudden increase in appetite
- Sudden decrease in appetite
- Weight loss or gain (5 to 10 percent)

## MOOD

- Tearfulness
- Unusual/unprovoked anxiety
- Agitation
- Rapid mood changes

## MEDICATION

- Resisting medication
- Self-medicating with alcohol or other drugs

For more information, or to make a Referral, contact:

CenterPointe Hospital of Columbia Assessment and Referral at 573-615-2001 or 855-623-7016.

## CenterPointe Hospital of Columbia and Outpatient Program Location

CenterPointe Hospital of Columbia  
1201 International Drive  
Columbia, MO 65202  
573-615-2001 Admissions  
855-623-7016 Toll-Free

CenterPointe Columbia Outpatient  
601 W. Nifong Blvd., Suite 6B  
Columbia, MO 65203  
573-875-5900

