



SOME IDEAS OF HELPING WITH PARANOIA

FROM MEMBERS OF THE SHEFFIELD PARANOIA SUPPORT GROUP

WHAT MAKES ME FEEL UNSAFE	WHAT MAKES ME FEEL SAFE
<p>PEOPLE</p> <ul style="list-style-type: none"> ➤ Being in crowds ➤ Being with professionals/ People I feel has power over me. ➤ Eye contact ➤ Unpredictability of drunk people if I'm sober <p>PLACES</p> <ul style="list-style-type: none"> ➤ Being in unfamiliar places ➤ Having to get to appointments ➤ Background noise ➤ (sometimes) Being in church ➤ Public transport <p>VULNERABILITY</p> <ul style="list-style-type: none"> ➤ Travelling alone <p>OTHER</p> <ul style="list-style-type: none"> ➤ Missing a dose of medication ➤ Television ➤ Media 	<p>FAMILIARITY</p> <ul style="list-style-type: none"> ➤ Being at home ➤ Being in church ➤ Being in my home area ➤ Paranoia support group <p>AVOIDANCE</p> <ul style="list-style-type: none"> ➤ Not watching T.V ➤ Not following the news ➤ Avoiding other media sources ➤ Avoiding music stores <p>CHALLENGING</p> <ul style="list-style-type: none"> ➤ Time limits ➤ ("I'll just stay out for one hour") ➤ Checking things out ➤ Putting things into perspective <p>COMFORT/ENJOYMENT</p> <ul style="list-style-type: none"> ➤ Walking ➤ Being close to nature ➤ Feeding the ducks <p>OTHER</p> <ul style="list-style-type: none"> ➤ Leaving Sheffield