

# PATIENT INFORMATION SHEET

## SYMPTOM OVERVIEW

### UNDERSTANDING PERSONALITY CHANGES OR ERRATIC BEHAVIOR



- Noticeable alterations in behavior, such as increased agitation, impulsiveness, apathy, social withdrawal, or mood swings.
- These changes are distinct from the individual's usual behavior and are unexplained by any known conditions or circumstances.

### WHAT IT MIGHT INDICATE

- Common conditions: These symptoms can sometimes be related to stress, sleep deprivation, or emotional distress.
- They might also indicate mental health issues such as depression, bipolar disorder, or anxiety disorders.
- In some cases, they could signal neurological conditions like dementia, brain tumors, or the aftermath of head trauma.
- Substance abuse and certain medications can also cause significant personality changes.
- Please note: This document is not intended for self-diagnosis. Unexplained personality changes or erratic behavior should be evaluated by a healthcare professional.

### IMMEDIATE ACTIONS

- If these changes are accompanied by thoughts of self-harm or harm to others, seek immediate psychiatric help.
- Try to identify any potential triggers or recent changes in circumstances, environment, or medication.
- Maintain a supportive environment, ensuring the person affected knows that they are not alone.

## WHEN TO CONTACT US



- If you or someone you know is exhibiting unexplained, consistent changes in personality or behavior, consider contacting us to arrange an online consultation with our specialists.
- If these symptoms are affecting personal relationships, work, or daily activities, our service can provide guidance and specialist referrals.
- If you're seeking further understanding or strategies to manage these changes, don't hesitate to reach out for expert advice and assistance.

### WHAT TO EXPECT DURING OUR ONLINE CONSULTATION

- Our specialist will inquire about the specific changes in behavior, any related symptoms, medical history, and any medications being taken.
- You may be asked to provide detailed descriptions of the behavioral changes, including when they started and how they've affected daily life.
- Further diagnostic tests or referrals to mental health professionals or neurologists may be recommended based on your symptoms and history.

### PREPARATION FOR YOUR APPOINTMENT

- Be ready to discuss in detail the behavioral changes you've noticed and any impact on daily life or relationships.
- Compile a list of all medications and supplements being taken, including dosages.
- Ensure you're in a quiet, well-lit room with a stable internet connection for the video call.
- Have any questions about the symptoms, potential causes, or treatment options written down and ready to ask.

## DISCLAIMER

This information sheet is for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always consult your healthcare provider with any questions or concerns you may have regarding your condition.

### CONTACT US

-  [www.healwise.net](http://www.healwise.net)
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-  [Book a Free Consultation](#)

