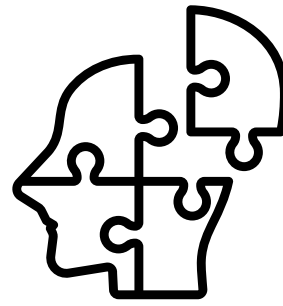


# WHAT IS PSYCHOSIS?



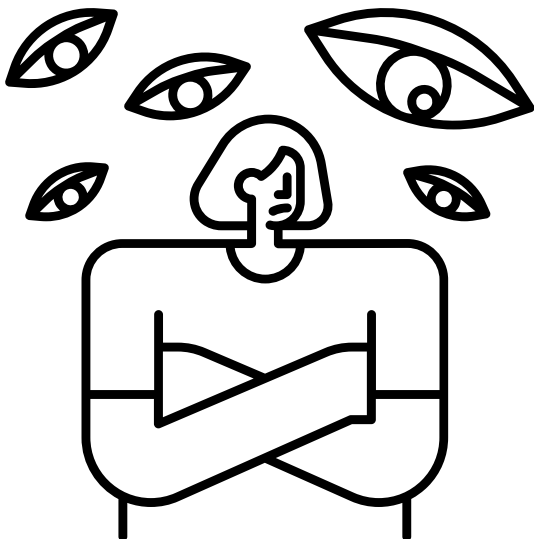
## What:

Psychosis is a condition that affects the mind and our ability to know what is real or not real.

During psychosis a person's thoughts or perceptions are disrupted and they may have difficulty seeing reality in the same way that those around them do.

## Who:

Psychosis can happen to anyone under certain circumstances. About 3% of people will experience psychosis at some point in their life. Some people will also experience temporary or milder versions of these symptoms.

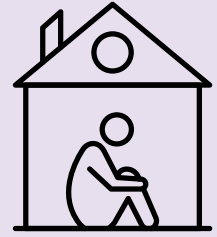


## Common Symptoms of Psychosis:

- Hearing voices or noises that other people can't hear (also called auditory hallucinations)
- Seeing things like visions, or shadows that other people can't see (also called visual hallucinations)
- Having troubling beliefs like believing others are out to hurt or harm you (also called delusions)
- Difficulty telling reality from fantasy or your own thoughts
- Having false beliefs or beliefs that other people think are concerning, untrue or harmful, like believing others can read your mind or know your thoughts (also called delusions)
- Feeling suspicious or scared or paranoid about other people and their intentions towards you
- Having trouble with your thinking or organizing your thoughts
- Having trouble with your speech
- Not showing a lot of emotion on your face or in your voice
- Not feeling like doing anything or having trouble starting tasks

## Symptoms that can come with psychosis:

- Feeling anxious or scared
- Feeling sad, numb, or flat
- Feeling very energetic or very excited
- Changes in your sleep patterns. For example, sleeping more or less than usual
- Having difficulty doing day to day activities like going to work or school
- Having difficulty doing things that used to be easy for you (changes in your functioning)
- Having difficulty getting along with others
- Wanting to be alone or isolating



## What signs or symptoms have you experienced?

- |  |  |
|--|--|
| <input type="checkbox"/> Changes in my mood or increased anxiety | <input type="checkbox"/> Feeling scared of others    |
| <input type="checkbox"/> Changes in my sleep                     | <input type="checkbox"/> Isolation                   |
| <input type="checkbox"/> Changes in my functioning               | <input type="checkbox"/> Difficulties starting tasks |
| <input type="checkbox"/> Hearing voices or noises                | <input type="checkbox"/> Speech problems             |
| <input type="checkbox"/> Having troubling thoughts               | <input type="checkbox"/> Thinking problems           |

Take your list of things you've experienced and talk it over with someone you trust like a parent, friend, or doctor. This will help you understand if you may be experiencing psychosis. Talking about it with someone can get you connected with the help you may need.

If you are already connected with an EPI program, discuss your list with your EPI team. They can recommend things that might help manage your symptoms of psychosis and support you with your goals.