

Telling Others

Should I tell other people that I have experienced psychosis?

There is no easy answer to this question. It depends on who you would tell and your own comfort level in talking openly about this.

Part of telling people about your experience is to have a group of people who accept you as you are. Having acceptance is important to everybody. **But the risk in telling somebody is that they may react negatively to you.** When you tell somebody there is the risk of rejection rather than acceptance.

Tips on How to Tell Others

Most people limit those they tell to their immediate family, very close friends and others who have had similar experiences. If you want to tell others beyond this group, first weigh the pros and cons of doing so. **It is best to discuss this with a trusted person or your EPI Clinician who already knows about the psychosis before telling anyone new.**

Once you've decided to tell somebody, it may be a good idea to tell them only bits of information at a time – this way you can judge their reaction before deciding to tell them any more. For example, you could first say something like “I haven't been doing very well because I've been under too much stress” and then judge the person's reaction before saying more.

Sometimes you might need to let somebody like a **teacher or employer** know why you have been away from work or school and may require some help going back. **Discuss this with your EPI Clinician** as he or she can be helpful in guiding you on what to say or may be able to talk to your teacher or employer if you prefer.

I'm thinking of telling _____ that I have experienced psychosis.
name

1) First weigh the PROS and CONS with your EPI Clinician.

The PROS of telling are:	The CONS of telling are:

2) Spend some time discussing with your EPI Clinician whether or not to tell, based on the list of pros and cons.

3) If you have decided to tell, work out a plan for telling this person.

My Plan for Telling:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____