

# WHAT IS PSYCHOSIS?

The term "psychosis" describes conditions that affect the mind, causing a **loss of contact with reality** or trouble deciding what's real and what's not. Common symptoms of psychosis include **hallucinations**, **delusions** (false beliefs), **paranoia**, or disorganized thoughts and speech.



# **WATCH FOR**



## Stress Vulnerability.

When stress increases, youth are more likely to experience psychosis.

## **Changes in Mood**

Anxiety, depression, irritability.

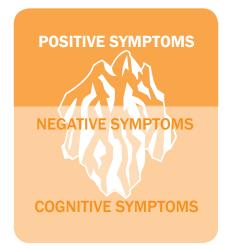
#### **Changes in Thinking**

Suspiciousness, amotivation, difficulties with memory and concentration.

#### **Changes in Behaviour**

Social withdrawal, sleep disturbance, decline in role functioning.

# REMEMBER



Look beyond the surface.

Positive symptoms are just the tip of the iceberg.

## **Dispel Myths and Stigma**

Stay informed, open-minded, and non-discriminating.

### It Can Happen to Anyone

Psychosis is most common in young adults. Most make a full recovery.

#### Watch Your Language Banish hurtful words like

Banish hurtful words like "crazy" and "psycho".

# WHAT TO DO



#### **Don't Dismiss.**

Don't dismiss behavioural changes as a part of adolescence.

## Play it Safe

Take family concerns seriously!

# Make a Referral

When the youth and family are ready, refer to local services.

#### **Keep the Door Open**

Your responsibility does not end with referral. Ongoing support is essential to recovery.

# Help is available. Go to www.epion.ca to find your local Early Psychosis Intervention Program.





The Early Psychosis Intervention Ontario Network (EPION) is a network of specialized service providers, clients, and their families. Our goal is to provide early treatment and support to all Ontarians dealing with psychosis.