

# Understanding **EARLY PSYCHOSIS**

## What is psychosis?

Psychosis is a mental health condition that causes people to have trouble deciding **what's real and what's not real.**



## What are the signs of psychosis?

People with psychosis tend to perceive or interpret things differently from those around them.

Common symptoms of psychosis include:

- **Hallucinations** - seeing or hearing things that aren't there
- **Delusions** - believing things that aren't true and are often impossible, such as paranoid beliefs
- **Thought Disorder** – trouble putting thoughts in order or keeping track of usual tasks
- **Lack of insight** or self-awareness

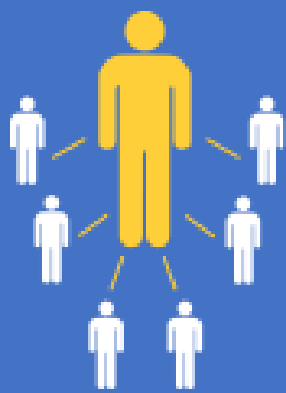


*Experiences of psychosis can often severely disrupt perception, thinking, emotion, and behavior*

Watch for changes in behavior such as: withdrawing from usual activities, spacing out or falling behind in tasks, and social isolation

## Who experiences psychosis?

Psychosis can happen to **anyone**. It's more common than you might think, as 3 /100 people will experience psychosis. A '**first episode**' simply refers to the first time symptoms of psychosis appear, commonly between the **ages of 16-25.**



**FOR EVERY ONE PERSON AFFECTED BY PSYCHOSIS, THERE ARE 6 MORE FAMILY AND FRIENDS AFFECTED.**

## What to do if you see the signs.

If you believe you see the signs of psychosis in a someone you know then they need your help. **Help them contact their doctor or local mental health care provider.**

## EARLY DETECTION SAVES MINDS.



An episode of **psychosis is treatable**, and it is possible to recover. It is widely accepted that the earlier people get help the better the outcome.

For more information visit:  
**CTEarlyPsychosisNetwork.org**