

RECOGNIZING PSYCHOSIS

Psychosis makes it hard for people to tell what is real and what is not. It can be very scary for those who live with it.

Young people who experience psychosis often say, "something is not quite right." Sudden, bizarre changes in thoughts and behaviors are some of the key signs of psychosis.

Signs of psychosis

It is important to recognize psychosis so it can be treated. The earlier you get help, the sooner you can get back to feeling like yourself. If you have some of the symptoms below, you could be experiencing psychosis.

- Feeling like your brain is not working
- Feeling like your mind or eyes are playing tricks on you
- Seeing, hearing, tasting, or believing things others don't
- Hearing knocking, tapping, clicking, or your name being called when others don't
- Confused thoughts
- Vivid and strange thoughts and ideas
- Sudden and bizarre changes in emotions
- Behavior that seems unusual
- Increased sensitivity to light, sounds, smells, or touch
- Feeling that people are "out to get you"
- Being fearful or suspicious without reason
- Not wanting to be around other people
- Difficulty speaking, writing, focusing, or managing simple tasks

Getting treatment as soon as possible helps you have the best chance of recovering from mental health struggles.

Most of the time, psychosis is treated with a combination of therapy and medication. If you are diagnosed with psychosis, you can still live a full and productive life.

Don't suffer in silence

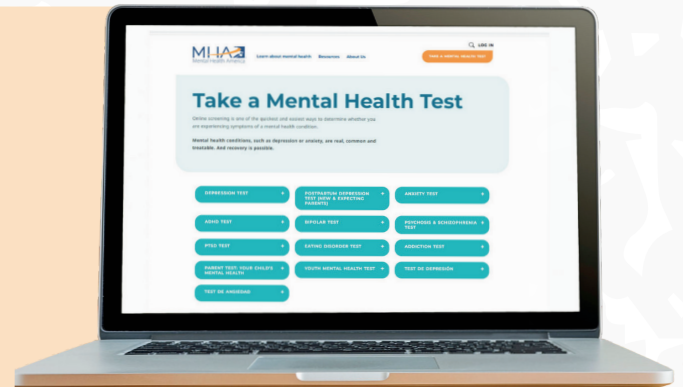
Left untreated, psychosis can cause some people to think about taking drastic actions.

If you see posts on social media or hear people say things that suggest they might be planning to hurt themselves or other people, tell an adult right away. If you feel this way, don't suffer in silence! **It is important to remember that there is help and there is hope.**

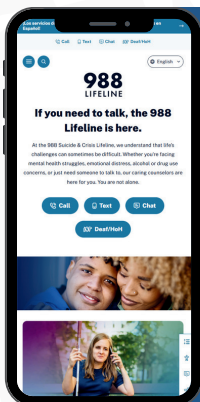


MHAScreening.org is an anonymous, free, and private way to learn about your mental health and see if you are showing warning signs of a condition. A screening is not a diagnosis, but it can be a helpful tool for starting a conversation with someone you trust about your mental health.

Take a screen



If you just don't feel right or notice that someone else is struggling, it's important to get help. Reach out to a friend or trusted adult and tell them how you feel or that you are worried about someone. If you need help starting a conversation, visit mhanational.org/timetotalk for tips.



In crisis?

Call or text 988, chat at 988lifeline.org, or text HOME to 741741. Trained counselors are available 24/7.

Sources

American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (5th ed.). Arlington, VA: American Psychiatric Publishing.

Learn more at mhanational.org