

# THINGS TO REMEMBER ABOUT PSYCHOSIS

## FACTS ABOUT PSYCHOSIS



Affecting 3% of people, psychosis is more common than insulin dependent diabetes



Psychosis often starts in adolescent but can start at any time



There may often be a slide into psychosis with a deterioration in functioning

## WHAT TO ASK



Ask about voices and paranoia, they may not know how to tell you



Ask about mood and check their current risk



What help do you need immediately?

## MESSAGES TO GET ACROSS



Don't be judgemental about substance use, often distress precedes drug use



Psychosis is treatable, recovery is expected



Remind them they are not alone, unusual experiences are common and help is at hand

## PLEASE REMEMBER



There is a target to see everyone with a first episode of psychosis within two weeks



Your local EIP service will see them quickly



Physical health monitoring is essential with those taking certain types of medication