



Psychosis

Easy Read



What is psychosis?

Psychosis is a type of mental illness where someone doesn't seem to be themselves.

What can happen in psychosis?

People can experience the following:

Hear people talking when nobody is around

Seeing things that are not really there

Develop strange thoughts

Behaving in an odd manner

Difficulty in thinking clearly

Losing interest in daily activities





What causes Psychosis?

Psychosis can happen when people have:

Schizophrenia

Mania

Severe Depression

Delirium

Use of street drugs such as cannabis can sometimes lead to psychosis.



If you want to know more about it, you can speak to your Psychiatrist or Community Nurse.

How is psychosis treated?

Medications known as antipsychotics can help to treat psychosis.



Talking to your doctor, nurse or psychologist.



Doing some exercise can help you feel better.

Participating in activities that you like.

Having friends who understand



Help and Support....

Your doctor:

Telephone number:

Your Psychiatrist:

Telephone number:



Your Community Nurse;

Telephone number:

Other professionals involved:

Other resources:

www.patient.co.uk

www.mind.org.uk



A Picture of **HEALTH**

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