

# Psychosis is a part of me.



## It's **not** my whole life.

STUDIES SHOW THAT AN EARLY INTERVENTION APPROACH TO TREATMENT OF PSYCHOSIS ACHIEVES A POSITIVE OUTCOME IN NEARLY 80% OF INDIVIDUALS AT THE END OF TWO YEARS. **DON'T WAIT. GET HELP EARLY.**

**EARLY SIGNS OF PSYCHOSIS MAY INCLUDE:** DETERIORATION IN SCHOOL PERFORMANCE • DETERIORATION IN WORK PERFORMANCE • ISOLATING SELF FROM FRIENDS AND FAMILY • NO INTEREST IN SOCIALIZING (OR MUCH LESS ACTIVE THAN USUAL) • SLEEP DISTURBANCE • SUDDEN APPETITE CHANGES • LOSS OF ENERGY OR MOTIVATION • FEELING SOMEHOW DIFFERENT FROM OTHERS OR THAT THINGS IN THE ENVIRONMENT SEEM CHANGED • DIFFICULTIES WITH CONCENTRATION, MEMORY, ATTENTION • THOUGHTS FEEL SLOWED DOWN OR SPEEDED UP • ODD, UNUSUAL IDEAS OR BEHAVIOUR • VAGUE RAMBLING SPEECH THAT MAY NOT MAKE A LOT OF SENSE FEELINGS OF SUSPICIOUSNESS, DEPRESSION, ANXIETY, TENSION, IRRITABILITY, ANGER OR MOOD SWINGS • PREOCCUPATION WITH A PARTICULAR THEME • HEARING SOUNDS OR VOICES WHEN ALONE IN A ROOM • SEEING THINGS THAT OTHERS CAN'T SEE • COMPLAINING OF BEING FOLLOWED OR WATCHED • THINKING ONE HAS SPECIAL POWERS

**CONTACT A MENTAL HEALTHCARE AGENCY IN YOUR COMMUNITY FOR MORE INFORMATION ON EARLY PSYCHOSIS INITIATIVES AND CLINICAL PROGRAMS**