

PSYCHOSIS



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★ NOT A DISORDER, BUT A SYMPTOM OF A MENTAL HEALTH CONDITION

Psychosis is a psychiatric syndrome that most commonly occurs in young adults. Around one in 50 people will experience a psychotic episode in their lifetime. A person who has a psychotic illness may have delusions, hallucinations, disordered thinking or abnormal behaviour. When someone becomes ill in this way, it is called a psychotic episode.

Thinking/Perception – the person may:

- think that others are against him or talking about him
- think that he is receiving personal messages from the TV or radio
- experience heightened senses
- hear voices
- think that they have special powers

Feeling – the person may:

- feel sad and irritable more often
- feel isolated
- be confused or puzzled
- feel that he is unable to trust anyone
- feel that he is being constantly watched

Behaviour – the person may:

- have difficulty sleeping
- talk or smile to himself
- neglect his appearance
- avoid contact with people
- behave aggressively