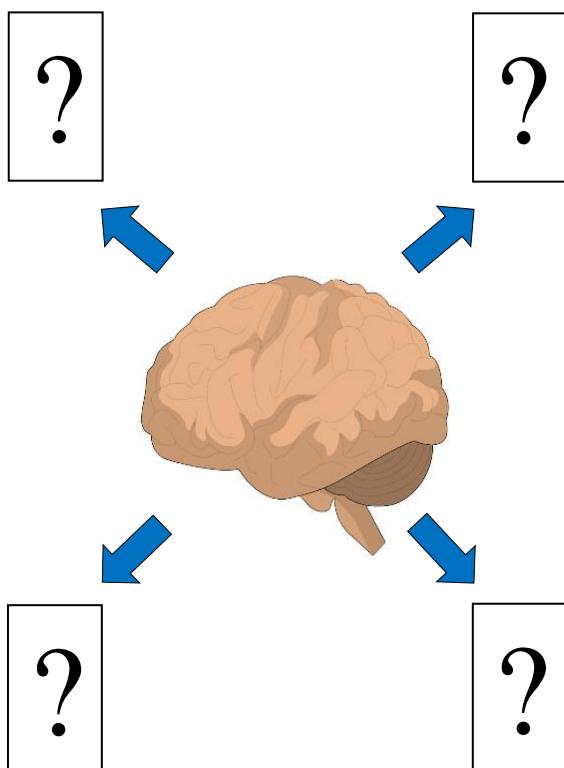


## Introduction

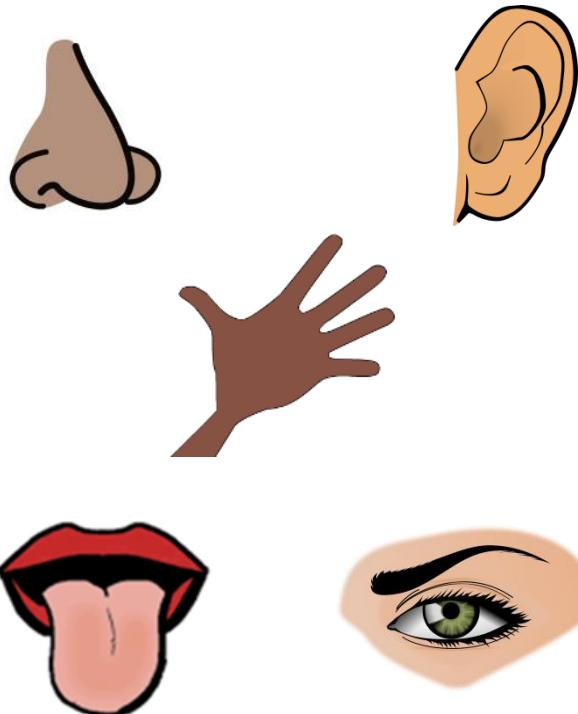


This workbook is for people who have experienced psychosis.



Psychosis is a type of mental health problem.

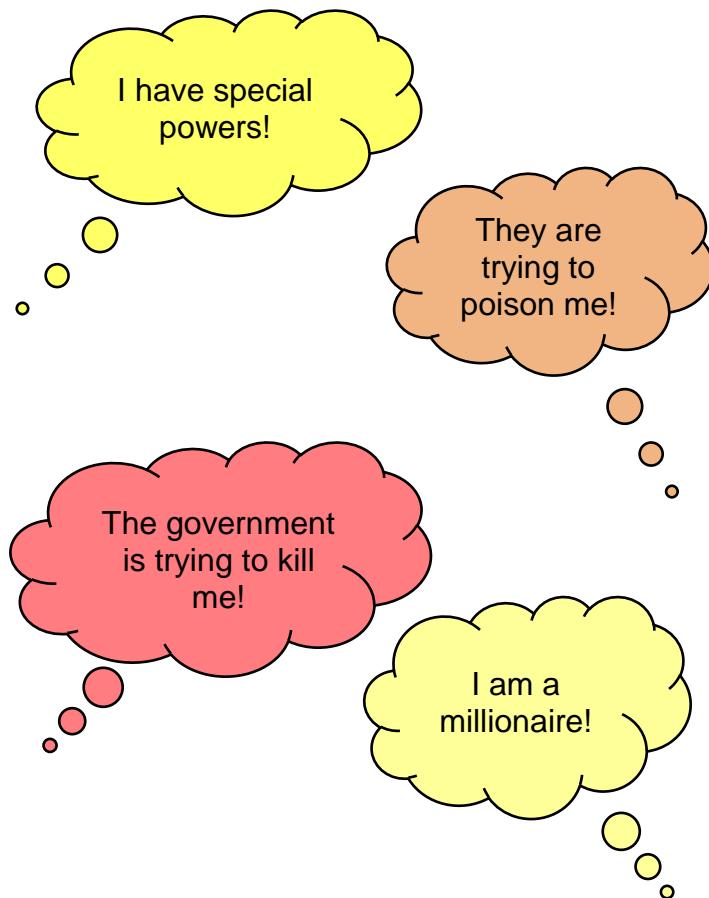
Psychosis is when your brain gets confused and cannot tell what is real and what is not.



People who have psychosis often experience hallucinations.

This is when they hear, see, taste, smell or feel unusual things.

These things feel very real, but no one else can hear, see, taste, smell or feel them.



People who have psychosis often have unusual thoughts.

They can believe upsetting or exciting things, even when other people do not think these things are true.

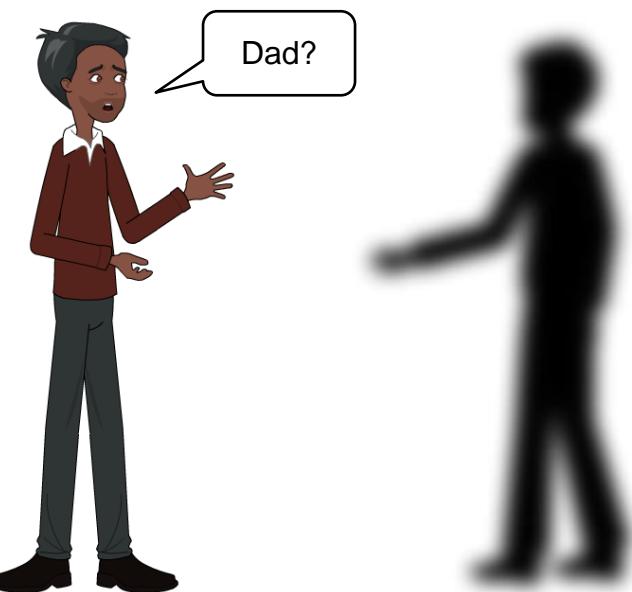


Psychosis can also make it hard to think clearly.

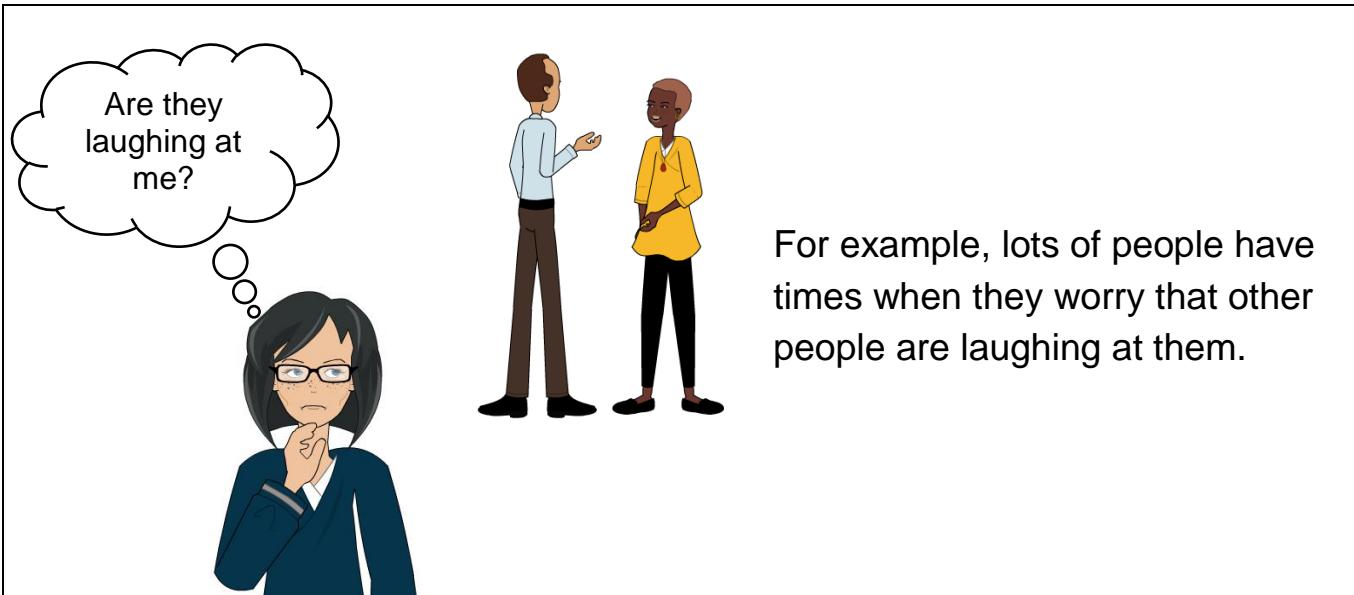


Lots of people experience hallucinations at some point in their life.

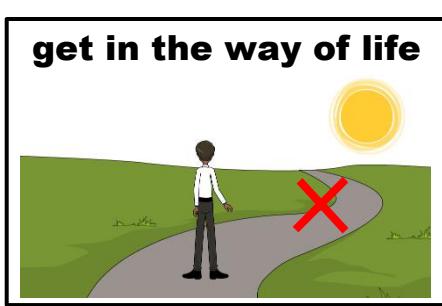
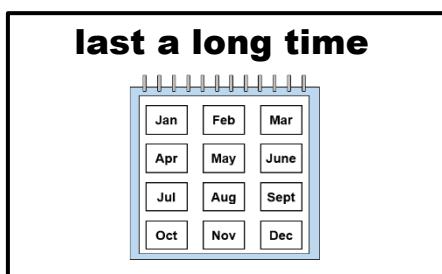
Lots of people have unusual thoughts at some point in their life.



For example, lots of people hear or see people they cared about who have died.



For example, lots of people have times when they worry that other people are laughing at them.

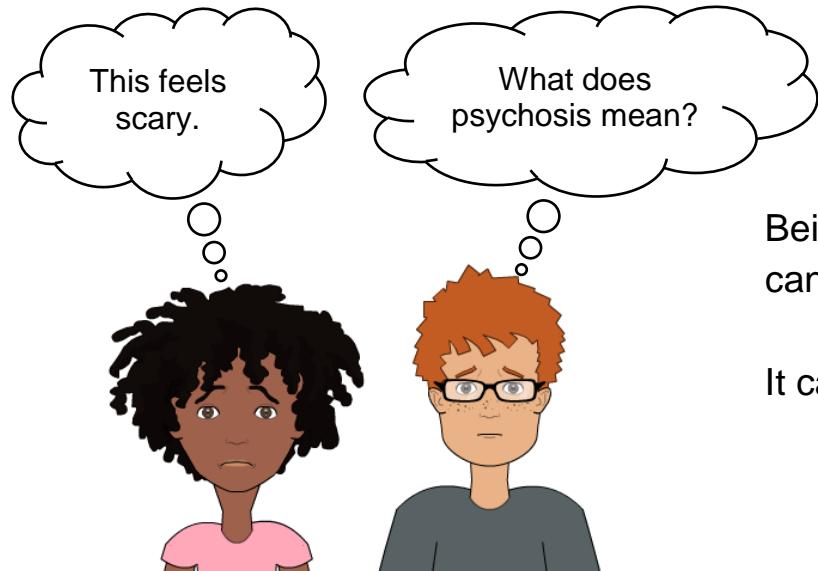


Hallucinations and unusual thoughts are only a problem when:

- They last a long time
- They upset people
- People could get hurt
- They get in the way of people living a good life.

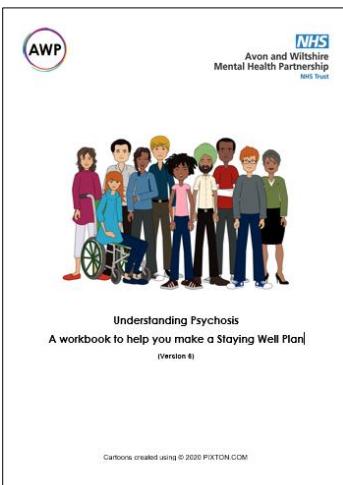
When hallucinations or unusual thoughts become a problem, this is sometimes called psychosis.

## About this workbook

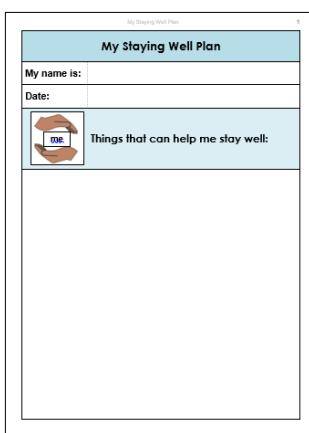


Being told that you have psychosis can feel scary.

It can also be confusing.



This workbook has information about psychosis.



It can also help you make a Staying Well Plan.

This is a plan to help you look after your mental health.



Someone in your care team should help you complete this workbook.

It is important that you can talk about the workbook and ask questions.

## Looking after your mental health

Fishponds  
GP Surgery



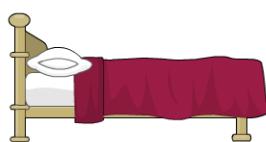
Mental health is a bit like physical health.

Everyone has problems with their physical health at some point in their life.



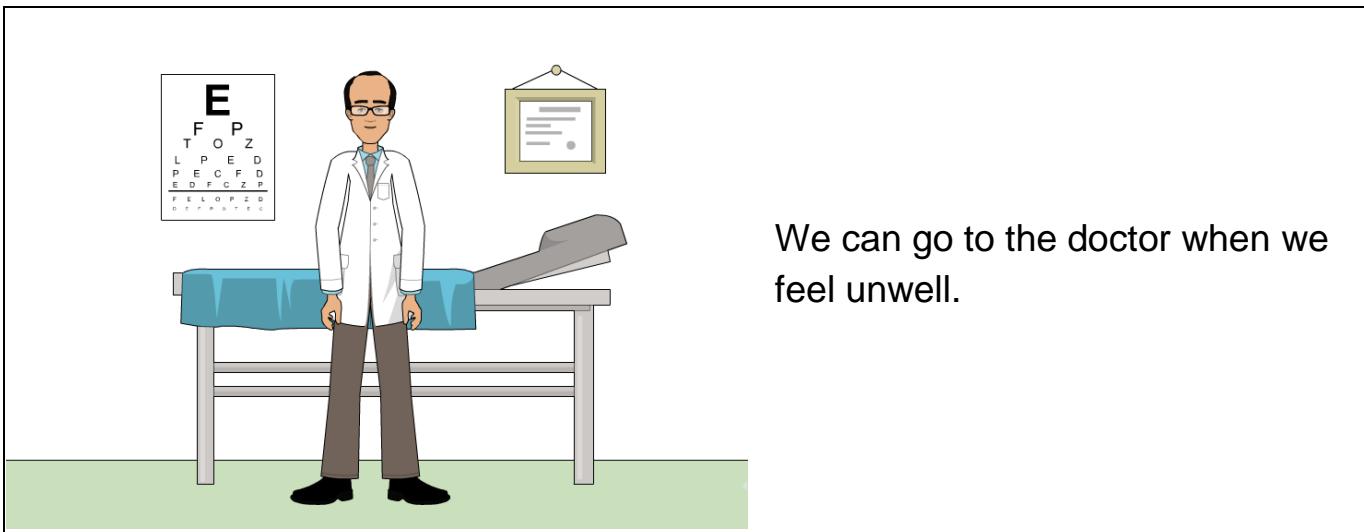
But we can do things to help us stay physically well.

We can eat healthy foods.



We can exercise.

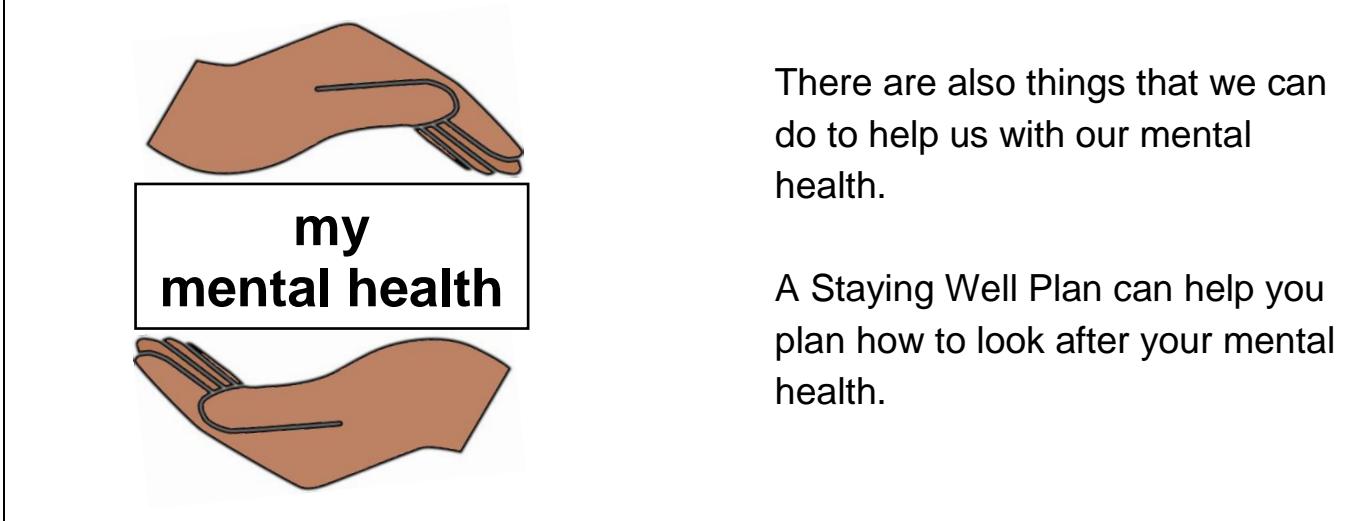
We can make sure we get enough sleep.



We can go to the doctor when we feel unwell.

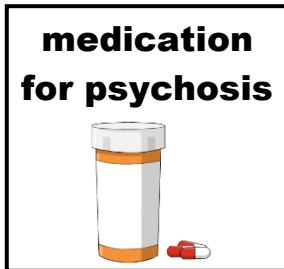
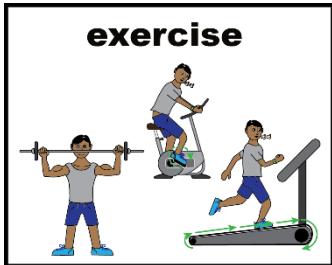


Lots of people also have problems with their mental health at some point in their life.



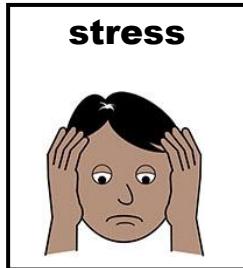
There are also things that we can do to help us with our mental health.

A Staying Well Plan can help you plan how to look after your mental health.

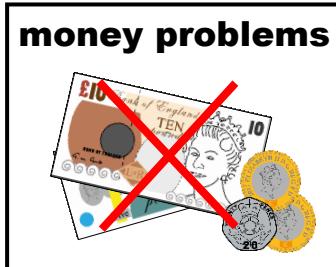
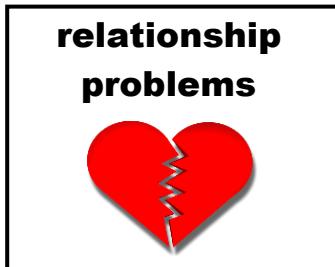


**A Staying Well Plan can help you:**

Plan things which can help you stay mentally well.



Work out what sort of things might make you mentally unwell.



Plan how to deal with these things.

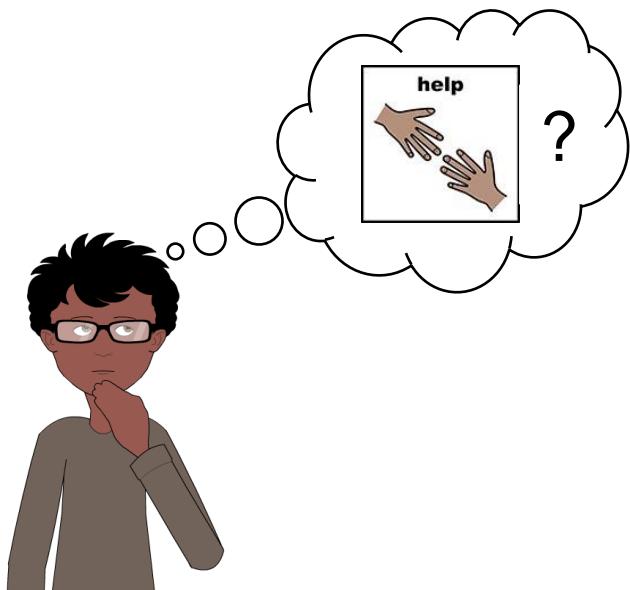


**Early warning signs**

Work out how you would know if you were starting to get mentally unwell again.



Plan what to do if you start to get mentally unwell.



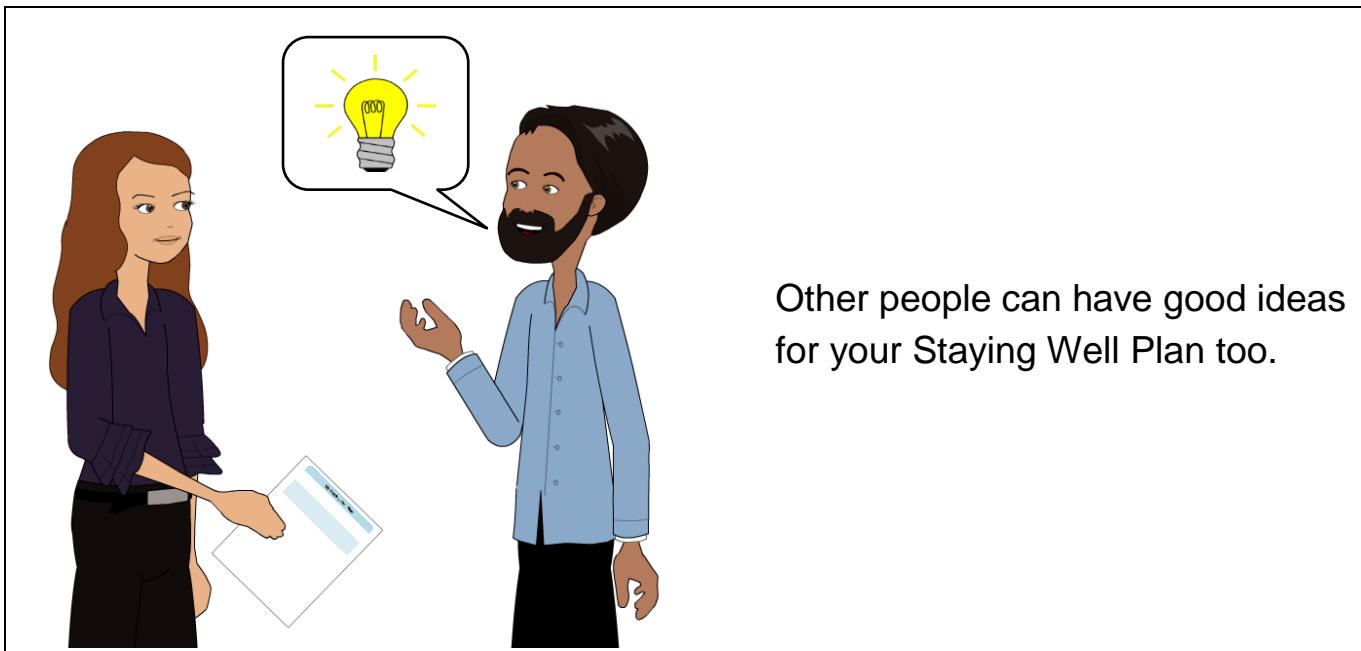
A Staying Well Plan also helps you think about who can support you.

## Making your Staying Well Plan



Your Staying Well Plan belongs to you.

So it is really important for you to put your ideas in your plan.





When you get unwell, you worry about people following you.

Other people can help.

They can tell you what they noticed when you were unwell.

They might have ideas about what could help.

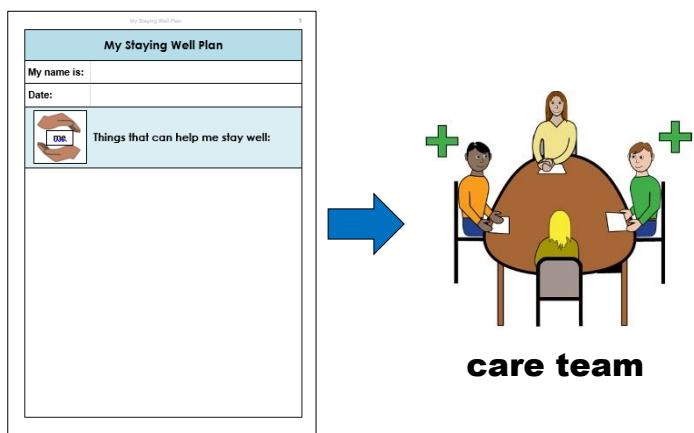
This can help you make a really good plan to look after your mental health.



It is best to ask someone you trust and who knows you well to help you.

This could be:

- Someone in your family
- Your partner
- A good friend
- Someone in your care team.



When you have finished your Staying Well Plan you should give a copy to your care team.

This will help them know how to support you.

The diagram illustrates the sharing of a 'My Staying Well Plan'. On the left, a large version of the plan is shown, featuring fields for 'My name is:', 'Date:', and a section titled 'Things that can help me stay well:' which includes a small icon of a person. Two blue arrows point from this main document to two smaller boxes. The top box, labeled 'family', contains an illustration of a diverse family of four (two adults, two children) holding hands. The bottom box, labeled 'friend or carer', contains an illustration of two people standing together and a large hand reaching towards them.

You can also share your plan with your family and other people who care about you.

This will help them know how to support you too.

A cartoon illustration of a woman with long red hair, wearing a blue jacket over a teal dress. She is smiling and holding up a white 'My Staying Well Plan' card towards the camera. The card has fields for 'My name is:' and 'Date:', and a 'Things that can help me stay well:' section with a small icon.

Having a good Staying Well Plan will help you look after your mental health.

It will also help other people know how to help you.