Mental Health and Learning Disabilities

Psychosis
## PSYCHOSIS

<table>
<thead>
<tr>
<th>What is Psychosis?</th>
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</thead>
<tbody>
<tr>
<td>Psychosis is a type of mental illness.</td>
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</table>

<table>
<thead>
<tr>
<th>What can happen in Psychosis?</th>
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<tbody>
<tr>
<td>People can experience the following:</td>
</tr>
<tr>
<td>Hear people talking when nobody is around</td>
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<tr>
<td>Seeing things which are not really there</td>
</tr>
<tr>
<td>Develop false beliefs</td>
</tr>
<tr>
<td>Behaving in an odd manner</td>
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<tr>
<td>Difficulty in thinking clearly</td>
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<tr>
<td>Losing interest in daily activities</td>
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</table>
### PSYCHOSIS

<table>
<thead>
<tr>
<th>What causes Psychosis?</th>
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<tbody>
<tr>
<td>Psychosis is seen in:</td>
</tr>
<tr>
<td>Schizophrenia</td>
</tr>
<tr>
<td>Mania</td>
</tr>
<tr>
<td>Severe Depression</td>
</tr>
<tr>
<td>Delirium</td>
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</tbody>
</table>

Use of street drug 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.

<table>
<thead>
<tr>
<th>What can help in the treatment of psychosis?</th>
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</thead>
<tbody>
<tr>
<td>Medications known as antipsychotics can help to treat psychosis.</td>
</tr>
<tr>
<td>Talking to your doctor, nurse or psychologist.</td>
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<tr>
<td>Doing some exercises can help you feel better.</td>
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<tr>
<td>Participating in activities that you like.</td>
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</table>
# Help and support

<table>
<thead>
<tr>
<th>Role</th>
<th>Contact Information</th>
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</thead>
<tbody>
<tr>
<td>Your doctor</td>
<td></td>
</tr>
<tr>
<td>Your Psychiatrist</td>
<td></td>
</tr>
<tr>
<td>Your Community Nurse</td>
<td></td>
</tr>
</tbody>
</table>

**Other professionals involved:**

**Other resources:**

- [www.patient.co.uk](http://www.patient.co.uk)
- [www.mind.org.uk](http://www.mind.org.uk)

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