



# 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](http://www.patient.co.uk)

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



# A Picture of **HEALTH**

These leaflets were produced by 2gether NHS Foundation Trust and A Picture of Health website developers and funded by the South West Strategic Health Authority. The text (which has had a few minor changes) was provided by the Royal College of Psychiatrists with permission.

We would like to thank the Cotswold Grange, Cheltenham and Stroud Drop in Services actors groups for taking part in the development of these leaflets.