

Psychosis

Toolbox Talk MH10



What is psychosis?

Psychosis (also called a psychotic experience or psychotic episode) is when you perceive or interpret reality in a very different way from people around you. You might be said to 'lose touch' with reality.

The most common types of psychosis are

- Hallucinations
- Delusions

You might also experience

- Disorganised thinking and speech

Psychosis affects people in different ways. You might experience it once, have short episodes throughout your life, or live with it most of the time.

Psychosis and stigma

There are a lot of misunderstandings about what it means to experience psychosis. Lots of people wrongly think that the word 'psychotic' means 'dangerous'. The media often shows people with psychosis behaving like this even though very few people who experience psychosis ever hurt anyone else.

It's important to remember that you aren't alone and you don't have to put up with people treating you badly. Here are some options for you to think about:

- Talk to other people who experience psychosis by going to a support group -or setting one up for yourself.
- Get involved in awareness raising about psychosis.
- Share your experience with others. Mind publishes blogs and video blogs (mental health selfies).
- Know your rights. Our pages on their legal rights provide more information.
- Take action with Mind. See our campaigning page for details of the different ways you can get involved with helping us challenge stigma.

Psychosis is a symptom that often accompanies serious mental illnesses like schizophrenia, schizoaffective disorder, or bipolar disorder.

Psychosis involves loss of contact with reality, such as hallucinations (seeing or hearing things that others do not) or delusions (beliefs that are not based in reality).

One in 33 people will experience psychosis during their lives. That's one student out of every high school algebra class in Pennsylvania.

People with psychosis say it feels like:



Psychological treatment

Psychological treatment can help reduce the intensity and anxiety caused by psychosis.

Treatment with a class of drugs known as antipsychotics is the most common therapy for people with a psychotic illness. Anti psychotics are effective at reducing psychosis symptoms in psychiatric disorders such as schizophrenia, but they do not themselves treat or cure underlying psychotic illnesses.

