

WHAT IS A PSYCHOSIS?

A psychosis is a serious mental health condition in which a person temporarily loses touch with reality. It is not a disease in itself, but rather a set of symptoms that can occur in various disorders.

PSYCHOSIS MAY INCLUDE

- Hallucinations: seeing, hearing, or sensing things that aren't real (often voices).
- Delusions: strong but false beliefs (e.g., feeling persecuted, watched, or having a special mission).
- Disorganized thinking: having difficulty following a train of thought or expressing ideas clearly.
- Unusual behaviour: agitation, withdrawal, or reactions that seem incoherent.
- Noticeable social withdrawal or a significant decline in functioning at school or work.

Psychosis can be linked to several conditions, such as schizophrenia, bipolar disorder, major depression, drug or alcohol use, other neurological disorders, or even severe stress.

The earlier psychosis is recognized, the higher are the chances of recovery.

Early intervention helps minimize the impact on personal, family, school, and work life, and facilitates a quicker return to daily activities.

DOUBTS OR CONCERNS?

The Early Psychosis Intervention Program offers information and support.



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