

## Information on Psychosis for Professionals:

The word psychosis is used to describe conditions that affect the mind, where there has been some loss of connection with reality.

Around 2 out of every 100 young people will experience a psychotic episode, making it more common than diabetes in young people, and it mostly happens for the first time when a young person is between 15 and 30 years old. Most will recover fully from the psychotic episode, but some will have ongoing problems.

### Symptoms:

**Confused thinking.** Thoughts become confused and jumbled. It can be hard to think clearly enough to talk logically. It can be difficult for a person to concentrate during a conversation or to remember what is being said. Thinking can be much faster than usual or slowed down.

**Hallucinations.** People experiencing a psychotic illness may see, hear, feel, smell, or taste something that is not actually there. They might hear voices no one else can hear, see things that aren't there or feel something moving on their skin. They might feel cut off from the world around them, or that everything is unreal.

**Delusions.** Some people experiencing a psychotic illness may hold false beliefs known as delusions (such as that someone is trying to hurt them or control their thinking). A person may be convinced their delusion is real even if those around them challenge it, and they may find evidence that supports their delusion that seems illogical to others.

**Changed feelings.** How a person feels may change for no apparent reason. Some people may experience moods that swing from one extreme to another very quickly. For example, swinging from being very happy to feeling very heavily depressed. Some people's feelings may seem dampened or flat and they may show less emotion than other people.

**Changed behaviour.** People experiencing a psychotic illness may behave in ways that they did not behave before they became unwell. For example, they may become angry seemingly without cause, be very active, have no energy, have trouble sleeping or eating, have trouble socialising, or be fearful. These behaviours relate to their hallucinations, delusions and disordered thinking.

### Educational Adjustments:

<http://www.learningplace.com.au/deliver/content.asp?pid=34297>

### Early Psychosis: A Care Guide

[http://www.mcf.gov.bc.ca/mental\\_health/pdf/a\\_care\\_guide.pdf](http://www.mcf.gov.bc.ca/mental_health/pdf/a_care_guide.pdf)