

Psychosis

More Feet on the Ground

PSYCHOSIS



Psychosis is a break from reality; when the mind is no longer able to tell the difference between things real and imagined.

Common Myths and Misconceptions

FACT

Myth: People with psychosis can never recover.

Treatment helps people to live independent and successful lives.

FACT

Myth: People with psychosis are dangerous.

People in treatment are no more dangerous than the general population.

FACT

Misconception: People with psychosis have split personalities.

The literal translation of schizophrenia is “split mind”, this refers to a split from reality- not a split into multiple personalities.

Symptoms of Psychosis

- Delusions
- Hallucinations
- Disorganized Thoughts
- Abnormal Behaviour
- Negative Symptoms

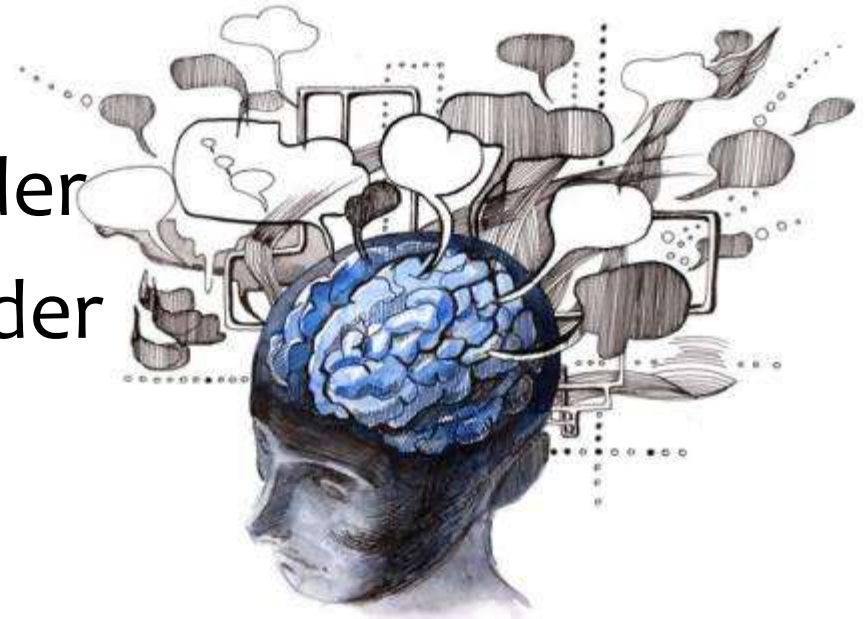


Video: Simulating the experience of psychosis

<https://www.youtube.com/watch?v=SN1GCoVzxGg>

Schizophrenia Spectrum and Psychotic Disorders

- Delusional Disorder
- Brief Psychotic Disorder
- Schizoaffective Disorder
- Schizophreniform
- Schizophrenia



Warning Signs and Symptoms

- Social withdrawal
- Decline in functioning
- Depression and anxiety
- Difficulty concentrating
- Sleep disturbances
- Reduced emotional expression
- Decline in personal hygiene
- * **Acting suspicious of others**
- * **Odd beliefs of magical thinking**
- * **Unusual perceptual experiences**



Causes and Contributing Factors



- Substance abuse
- Medications
- Genetics
- Trauma
- Stress
- Sleep deprivation
- Brain chemistry
- Other illnesses

Treatment Options

Psychotherapy



Medication



Alternative or Complementary Options



Yoga

Acupuncture

Meditation

www.morefeetontheground.ca

Online training tool focused on recognizing, responding to, and referring students experiencing mental health challenges.

Resources on Campus

Resources in the Community