



# Paranoia



**Paranoia** is a feeling that you are under threat or that people are out to get you, even though you have little or no evidence of this being true. **Paranoia** will feel different for different people.

A person with **paranoia** may think:

- people are making negative comments behind their back
- people are lying to them
- they are being followed or watched
- people want to hurt them

This can feel very scary and people with **paranoia** may struggle to trust others.

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## Treatment

**Therapy** - this can help a person to cope with their symptoms. This can be a slow process as a person with **paranoia** will find it difficult to talk openly to a therapist.

**Coping skills** - relaxation therapy, techniques to reduce anxiety and changes in behaviour can help to improve day to day life.

**Medication** - this can be offered but people with **paranoia** often mistrust medication because they believe it will harm them.

