



Psychosis affects a person's mind, it can make a person's way of thinking feel mixed up and and their behaviour may change.

The 2 main symptoms of **psychosis** are:

Hallucinations – this is where a person hears, sees, feels, smells or tastes things that do not exist outside their mind but can feel very real.

A common **hallucination** is hearing voices.

Delusions – this is where a person has strong ideas that are not shared by other people.

A common **delusion** is someone believing there is a plan for people to harm them.

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Psychosis can occur because of:

- a harmful experience
 - stress
 - drugs
 - alcohol
 - side effects of medication
 - a brain tumour
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Treatment

It is important psychosis is treated as soon as possible, as this can make treatment more effective. It can be helped with:

- medication
- psychological therapies such as cognitive behavioural therapy (CBT)
- social support, for example help with education, employment or housing

