



Did you know?

You are not alone

Psychosis is not a disorder or illness on it's own – it is a group of symptoms or syndrome, which can occur with mental illness and some medical illnesses. Psychosis shows up when a person experiences unusual ideas or beliefs that are not reality-based; they can have trouble telling the difference between what is real and unreal. Often, psychosis can look like disorganized communication and hearing or seeing things that might not be there.

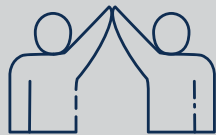
What is psychosis?

Psychosis can be a symptom of a depression or other mental health concern such as bipolar disorder or schizophrenia. Psychosis can occasionally result from drug use such as marijuana, cocaine, or psychedelic drugs.

Things that can help:



Exercise



Social Supports



Nutrition



Stress Reduction



Sleep

Treatment works!

To learn more about early psychosis programs and find support in your area, check out the Early Assessment & Support Alliance's [National Early Psychosis Directory](#).

You don't have to be suicidal to use a crisis line – speak to someone about how you're feeling or if you're worried about a loved one by calling or texting a crisis line.

Contact the **Crisis Text Line** by texting 'TALK' to 741741

Call the **Suicide Prevention Lifeline** at 1-800-237-8255

SAMHSA 24-hour referral helpline for substance abuse and mental health services
at 1-800-662-HELP (4357)

MindWise.org

