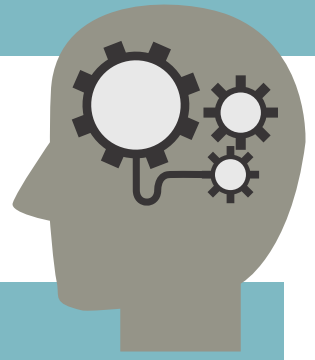


KNOW THE SIGNS: A LOOK AT PSYCHOSIS

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH



WHAT IS PSYCHOSIS?

Psychosis is not a diagnosis, it is a word used to describe a group of symptoms that changes how someone perceives and thinks about what is going on around them.

FACTS

About 20% of adolescents have a diagnosable mental health disorder. Early signs of psychosis in teens can look like depression, anxiety or typical teenage mood swings. Addressing mental health concerns as early as possible may help prevent or decrease the reoccurrence of future symptoms of psychosis and related negative outcomes.

National Alliance on Mental Illness (NAMI). <https://nami.org>

SIGNS TO LOOK OUT FOR

- Feeling as though one's mind is "playing tricks" on them
- Persistent, unusual thoughts or beliefs
- Hearing, seeing, tasting or believing things that others don't
- Suspiciousness or extreme uneasiness with others
- Strong and inappropriate emotions or no emotions at all
- Withdrawing from family or friends
- A rapid decline in self-care
- Trouble thinking clearly or concentrating

WHAT CAN YOU DO?

- Seek professional help as soon as possible - early intervention is key in reducing negative outcomes.
- Focus on helping your family understand what your child is going through while helping your child adapt and move forward with their goal.
- To find a local mental health agency nearby, please visit www.dmh.lacounty.gov or email EarlyPsychosis@dmh.lacounty.gov
- For more information, please see resources provided below.



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
[hope. recovery. wellbeing.](http://hope.recovery.wellbeing)



For 24/7 Help, please
call our Help Line at
(800) 854-7771

PIER
PROGRAM

 **NAMI**
National Alliance on Mental Illness
<https://namica.org>