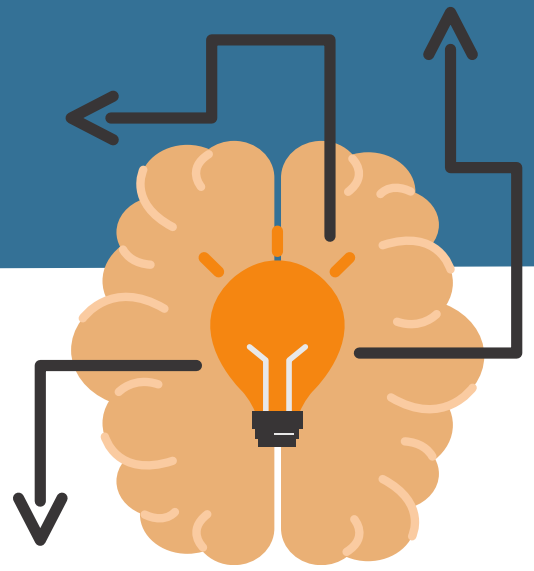


KNOW THE SIGNS: A LOOK AT PSYCHOSIS

Los Angeles County Department of Mental Health

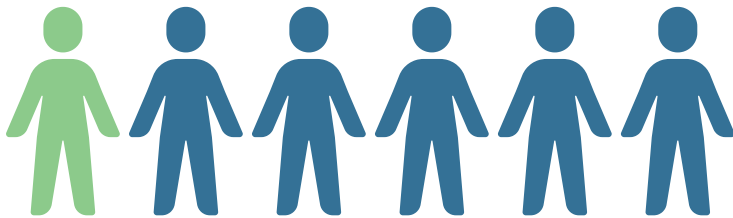
What is Psychosis?

Psychosis is not a diagnosis; it is a symptom that can stem from mental health or medical conditions. When present, a person's thoughts and perceptions can be disrupted in a way that makes it hard to tell the difference between what is real and what isn't. It is important to have a professional assess symptoms of psychosis



Consider Seeking Help If You Notice Any of These Signs:

- Wondering if your mind is "playing tricks" on you
- Jumbled thoughts or confusion about what is real versus imaginary
- Hearing, seeing, tasting or believing things that are not there
- Sensitivity to sounds or becoming easily distracted by background noises
- Suspiciousness or paranoid thinking
- Difficulty communicating clearly
- A sudden change in emotions - strong and inappropriate emotions or no emotions at all
- Feeling less interested in socializing with others
- Paying little to no attention to your hygiene or appearance



1 out of 6 youth have a mental health issues and affects people from all walks of life.

Things to consider:

- If you are experiencing any signs of psychosis, it is important to share with a trusted adult.
- Talking to your doctor or a mental health professional can help you understand what you're experiencing.
- Early signs of psychosis in teens can look like depression, anxiety, or typical teenage mood swings.
- Catching signs of psychosis as early as possible is crucial and may slow, stop, or even reverse symptoms.
- It can occur only once or can be something that is reoccurring.
- Addressing symptoms as early as possible can help reduce the chance of reoccurring psychosis and can help youth stay on track with their life goals.
- For help finding a mental health agency nearby, please visit www.dmh.lacounty.gov or email EarlyPsychosis@dmh.lacounty.gov
- For more information, please see resources provided.

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