

## Signs of psychosis

- The person can get very active and talkative or alternatively very quiet and withdrawn
- The person may be suspicious, or worry that he could be attacked or killed
- They may claim to hear voices and talk to themselves
- They lose interest in caring for family or going to work
- They might neglect their appearance, may not wash and may even go around naked
- They may withdraw from family and friends
- They may have disturbed sleep
- They can behave aggressively if provoked

A person who is behaving strangely should be taken to a doctor to find the cause and be given appropriate treatment

## Causes of psychosis

Psychosis can be caused by

- Excessive alcohol or drug use (especially Indian Hemp / Wee /Cannabis)
- Stress, such as exams, bereavement or great disappointment
- Head injuries or fits
- In some cases it can be hereditary

In many cases the cause is not known

### **Can people with psychosis be treated?**

There are very effective treatments and most people who have experienced psychosis can go back to living a normal life. They may need to keep taking medication for some time to stay well.

## How to care for someone with psychosis

- A person with psychosis should not be ill treated, abused or chained up.
- They should receive treatment from a specialist doctor or nurse as soon as possible.
- Drugs prescribed should be bought and administered accurately and regularly, even when the person seems better.
- The family and community need to understand that this is a sickness and it is not an attack by an evil spirit.
- After the person is cured or the sickness is controlled, he must be fully reintegrated into the community and not considered to be "mad"

## Advice to the family

- Psychosis is a sickness and not possession by evil spirits
- Mental illness could happen to you or any member of your family
- The person should not be blamed for their illness
- Show the person love and consideration
- Do not abuse or mistreat the person. It is not appropriate to confine or chain a person because with treatment, their behaviour will improve
- Make sure the person is well cared for, has clean clothes and regular food
- It is the family's responsibility to ensure that the person continues to take prescribed medication until advised to stop by a doctor or nurse

**A person who has experienced psychosis has as much right to marry, work, and contribute to society as anyone else**

**Name of specialist health worker:**

**Contact no.:**

**Address:**



## Caring for someone with Psychosis



Psychosis is a mental illness (sometimes called schizophrenia or mania). It can be treated successfully so that patients can lead normal lives in the community.

People with psychosis experience strange thoughts and ideas which might make them withdraw or become suspicious of people around them.

Psychosis can affect anyone and the person should not be blamed for their condition.