

Is someone you know behaving in an odd manner?

Are they neglecting themselves and their usual activities?

Do you see them talking to themselves?

Are they preoccupied by ideas that may seem very strange to you?

They may suffer from:

PSYCHOSIS

and may need your help.

Effective treatment is available; seek help early. Let us help you know what you can do.

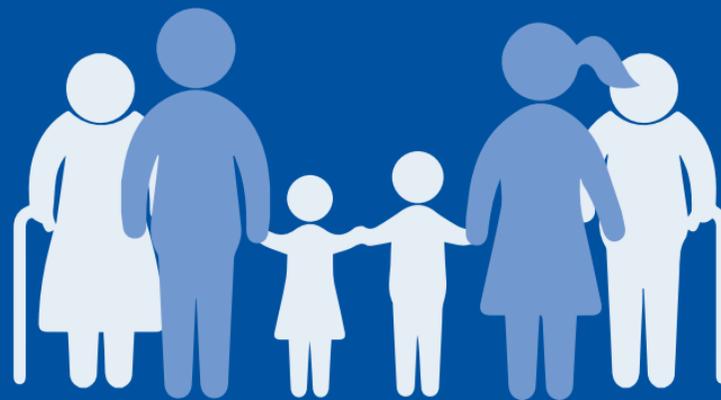
What is psychosis?

Psychosis is a mental health condition affecting thinking and perception and the person's sense of reality.

Symptoms usually start in late adolescence or early adulthood.

Psychosis can be very disorienting and distressing for the person experiencing it.

Without effective treatment, psychosis can overwhelm the lives of individuals and families.



What are the signs and symptoms of psychosis?

» Emotions and feelings

The person with psychosis may:



Be confused or puzzled.



Feel that he/she is unable to trust anyone.



Feel that he/she is being constantly watched.

» Thoughts and perception

The person with psychosis may:



Hear voices.



Think that he/she has special powers.



Think that others are against him/her or talking about him/her.

» Social interaction and behaviour

The person with psychosis may:



Have difficulty sleeping.



Talk or smile to him/herself.



Neglect physical appearance.



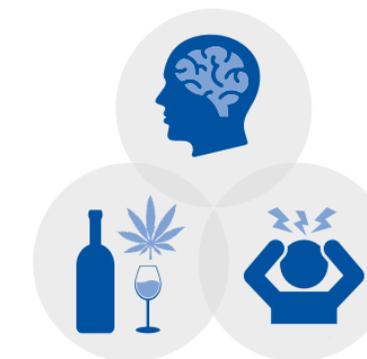
Avoid contact with people.



Behave aggressively.

What causes psychosis?

Biological factors



Alcohol or drug abuse (especially cannabis)

Stressful or traumatic events

Psychosis can be caused by several factors.

Can psychosis be treated?

Yes No

How is psychosis treated?



Psychosocial support
such as rehabilitation and family education.



Psychotherapy
Talk therapies that have proven to be effective such as Cognitive Behavioural Therapy (CBT).



Medication (after consulting with your doctor)

Treatment is most effective when it is started early. With proper treatment, most people recover fully from the first episode of psychosis.

A healthcare provider can help the person with psychosis find the most appropriate treatment plan for them and return to his/her usual daily activities faster.

What are the benefits of visiting a healthcare provider?

The healthcare provider can:

- help you identify warning signs early (such as severe weight loss, lack of improvement in psychotic symptoms, suicidal thoughts).
- help you find the best treatment option for you.
- screen for other medical conditions you may have.
- prevent the condition from getting worse.
- provide psychosocial support.
- refer you to mental health specialists who can help you further, if needed.

Advice for the person with psychosis:

» Maintain a healthy lifestyle:

-  • eat a balanced diet.
-  • maintain a regular sleep cycle.
-  • walk 45 minutes at least 3 times a week.
-  • maintain your personal hygiene (bathing, grooming, changing clothes, etc.).
-  • avoid alcohol, substance use, and other non-prescription drugs.

» **Continue regular** social, educational and work **activities.**

» **Stick to the treatment plan** advised by your healthcare professional.

» Return for **regular check-ups.**

Do's and Don'ts for the caregivers of people with psychosis:

Do's:

- ✓ Encourage the person to see a healthcare professional.
- ✓ Be understanding and supportive.
- ✓ Keep the person living at home and include him/her in family activities.
- ✓ Give the person freedom of movement.
- ✓ Ensure that the person is safe and is treated with dignity and respect.

Don'ts:

- ✗ Do not be hostile towards the person with psychosis, it worsens their condition.
- ✗ Do not try to convince the person that his/her beliefs are not real.
- ✗ Do not have the person hospitalized for a long time.
- ✗ Do not restrain the person.
- ✗ Do not discriminate against or stigmatize the person.



Questions:

If you have any questions, write them down below in order to discuss them with your health care provider during your next visit:



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