

UNDERSTANDING PSYCHOSIS

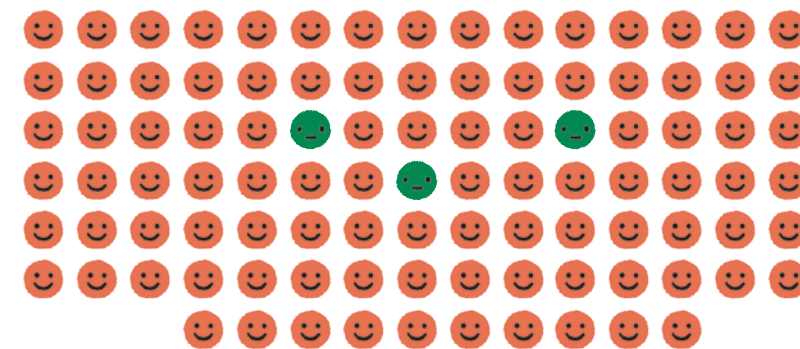
陪我講 SHALL WE TALK



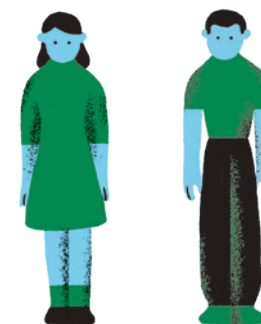
What is psychosis?

Psychosis is a mental state in which the person's perception and interpretation of things are disturbed. The individual experiences loss of contact with reality. Psychosis is characterised by delusions, hallucinations, as well as disorganised thoughts and speech. Common mental disorders with psychosis as the core symptoms include schizophrenia and delusional disorder.

How common is psychosis?



Around 3 in every 100 people have experienced the condition



The first episode commonly occurs between the ages of 15 and 30

What are the symptoms of psychosis?

Symptoms include:



● Delusion – disturbance in thinking



● Hallucination – disturbance in sensory perception

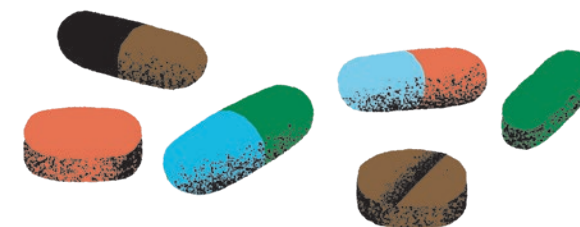


● Disordered thinking and speech



If you are experiencing similar conditions, please consult a doctor or clinical psychologist for professional assessments and to receive appropriate treatment as soon as possible.

How to treat psychosis?



A Medication

Antipsychotics relieve the relevant symptoms and prevent relapse through re-establishing the balance of the neurotransmitters, in the brain, such as dopamine.



B Psychological treatment

Psychological treatment often goes together with medication. It helps the person to learn the methods and skills to cope with the symptoms of psychosis and alleviate the psychological distress.



C Family intervention

Family intervention is an important treatment. The therapist will provide relevant information on psychosis, help family members to clarify the problems they are facing and teach them the solutions.

Psychosis can be treated. If you think that you may be suffering from psychosis, you should seek help as soon as possible.

You may help the person by:



Be considerate to the person



Communicate with and encourage the person more



Encourage the person to receive treatment



Watch out for signs and symptoms of relapse

For more information:



Consult your doctor



Call the following hotlines:
18111 Mental Health Support Hotline
18111
Hospital Authority Mental Health Direct
2466 7350



Visit shallwetalk.hk



Understanding Psychosis

精神健康諮詢委員會
Advisory Committee on Mental Health



衛生署
Department of Health