



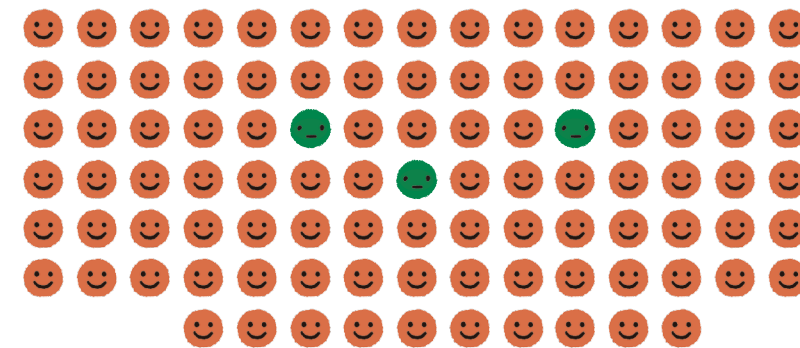
Losing Touch with Reality?  
**UNDERSTANDING PSYCHOSIS**



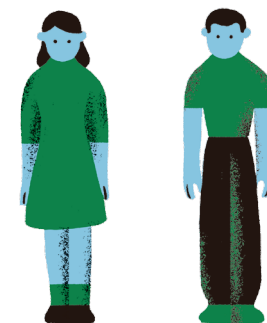
**What is psychosis?**

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, delusional disorder and bipolar 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 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, such as dopamine, in the brain.



**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:

**1** Consult your doctor

**2** Call and consult these departments:  
Hospital Authority Mental Health Direct  
2466 7350  
Social Welfare Departmental Hotline  
2343 2255

**3** Visit [shallwetalk.hk](http://shallwetalk.hk)



Understanding Psychosis

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



Department of Health