

THE TRUTH ABOUT PSYCHOSIS

Many of the things people believe about psychosis aren't true. In order to provide Clear Answers to Louisiana Mental Health it's important that we move past myths and educate ourselves and each other on the truth.

MYTHS

✘ **Psychosis is someone's fault.**

✘ **Psychosis is a supernatural or religious punishment.**

✘ **There is no cure for psychosis.**

✘ **People with psychosis are dangerous.**

✘ **Psychosis can be cured by yelling, punishment or magic.**

FACTS

Psychosis is nobody's fault because no one can cause it.

✓ We are still learning about how and why psychosis develops, but several factors are likely involved: genetics, traumatic or stressful experiences, physical illness or injury and drug use.

In 2019, EPIC-NOLA sat down with a diverse group of spiritual leaders. Those leaders collectively agreed that psychosis could NOT be a result of a spiritual issue.

✓ They also agreed their approach to someone with psychosis was to provide empathy, support and advise them to seek out a mental health professional.

There is specialized treatment for psychosis that works and helps individuals live happy & successful lives.

Because of the way psychosis is presented in the media, many people believe this to be true. However...

Someone with psychosis is actually more likely to be the victim of violence than the perpetrator.

✓ They are not dangerous, but they do need help.

The only proven cure for psychosis is specialized treatment for psychosis from trained professionals.

✓ Yelling, punishment and magic is more likely to trigger a psychotic episode, than to help it.

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MYTHS

✘ It can't be Psychosis, there's no family history. (or other reason)

✘ People with Psychosis just need to act "normal".

✘ Psychosis treatment means being locked in a mental hospital.

✘ Nothing can be done for someone experiencing symptoms until they experience a crisis.

FACTS

✔ Please be empathetic and aware that when a young person's behavior seems "off," it can be the start of a serious mental health problem.
If they are experiencing symptoms of psychosis, talk to a trained professional for advice.

✔ Psychosis symptoms can be scary and confusing, making it almost impossible to act and feel "normal".
It doesn't have to be like this, because treatment works and can help individuals feel like their "normal" selves again.

✔ Unfortunately, some individuals with psychosis may need inpatient psychiatric hospitalization. However, not everyone does.
Most of the recovery takes place in an office or home-based setting that is comfortable and welcoming.

✔ Individuals who are experiencing psychosis should reach out to a professional as soon as you notice symptoms. Specialized treatment for psychosis can help one avoid a crisis.