

What is Psychosis

Psychosis is not a diagnosis on its own, but rather references a set of symptoms that often combine to form the basis of a psychotic disorder. It can affect people from all walks of life. There are about 100,000 new cases of psychosis each year in the U.S.

Resource Toolbox



Behavior Warnings

- Sudden drop in grades
- New trouble thinking clearly or concentrating
- Suspiciousness, paranoid ideas or uneasiness with others
- Unusual, overly intense new ideas, strange feelings or no feelings at all

Symptoms Include

- Incoherent or hard to follow speech and behavior that is inappropriate for the situation
- Delusions and hallucinations

1. Helpful Websites

Scan or click on the QR code below to access:



- psychosisscreening.org
- nasmhpd.org

2. Handouts for Families

Scan or click on the QR code below to access:



- [NAMI Fact Sheet](#)
- [Understanding Psychosis](#)
- [Caregiver Guidelines](#)

3. Useful Tools

Scan or click on the QR code below to access:



- [Know the Signs Booklet](#)
- [PCP Screening Card](#)
- [Decision Making Flowchart](#)
- [Social Media Resources](#)

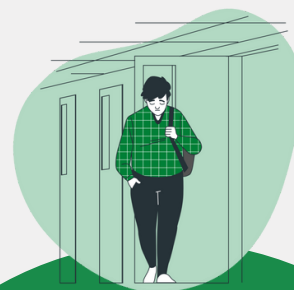
4. Insightful Read

Mental Health Strategies for Pediatric Care, Susan G. Forman, PhD, Jeffrey D. Shahidullah, PhD, Cody A. Hostutler, PhD, Cori M. Green, MD, MS, FAAP, Rebecca A. Baum, MD, FAAP

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Psychosis is a medical term referring to the loss of contact with reality or difficulty telling what is real from what is not. It is not a diagnosis on its own, but rather references a set of symptoms that often combine to form the basis of a psychotic disorder. Psychosis can affect people from all walks of life. There are about 100,000 new cases of psychosis each year in the U.S.

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1. Helpful Websites and Tools

Scan or click on the QR code below to access:



- [Early Intervention Tips](#)
- [Webinars and Psychoeducational Material](#)
- [NAMI Fact Sheet](#)
- [Understanding Psychosis](#)
- [Caregiver Guidelines](#)

2. Books for Young Adults (18+)

Scan or click on the QR code below to access:



- [*The Center Cannot Hold: My Journey Through Madness* By Elyn R. Saks](#)
- [*Divided Minds: Twin Sisters and Their Journey Through Schizophrenia* By Pamela Spiro Wagner and Carolyn S. Spiro, M.D](#)
- [*The Quiet Room: A Journey Out of the Torment of Madness* By Lori Schiller and Amanda Bennett](#)

3. Books for Parents

Scan or click on the QR code below to access:



- [*If Your Adolescent has Schizophrenia: An Essential Resource for Parents* By Raquel E. Gur and Ann Braden Johnson](#)
- [*Surviving Schizophrenia: A Family Manual* By E. Fuller Torrey](#)