What is Psychosis?
The word *psychosis* is used to describe conditions that affect the mind, making it hard to think clearly and understand reality.

What are signs to look for?

**Difficulty Understanding Reality**
- Experiencing things that other people are not
- Having strong, unusual thoughts or beliefs

**Uncommon Ways of Thinking and Behaving**
- Feeling confused or having a hard time focusing
- Acting in ways that are out of the ordinary

**Struggling to Express Emotions**
- Strong and inappropriate reactions or showing no feelings at all
- Decline in self-care or personal hygiene

**Lack of Motivation or Interest**
- Difficulty maintaining meaningful relationships
- No longer valuing what was once important
- Spending more time alone than usual

3 in 100 people will experience psychosis. *It’s more common than you think.*