



What is Psychosis?

Psychosis is a broad clinical term that embodies a range of symptoms in which our thoughts, perceptions, behaviors or feelings become disrupted. Psychosis can trigger misinterpretation or confusion when interacting with the world, which can feel disorienting and cause distress.

Symptoms may include:

Delusions: *Alternative or unusual beliefs that are not related to one's culture.*

Such as:

- Being followed by others
- Being monitored by cameras
- Having special abilities or powers
- Certain songs or comments communicating a hidden message
- Thoughts being controlled by an outside force

Hallucinations: *A person may hear, see, smell, taste or feel something that others do not. For example, a person may hear voices no one else hears.*

Other symptoms or difficulties include:

- Difficulties with attention, concentration, memory and executive function (e.g., planning and organizing, sequencing and behavioral inhibition)
- Mood changes—the person may be unusually excited, depressed or anxious, or have highly changeable moods
- Suicidal thoughts or behaviors
- Substance use
- Sleep disturbances
- Difficulties in functioning



*Symptoms
of psychosis
get better
with treatment*

What is Quiet Minds?

Quiet Minds places emphasis on:

- Early intervention
- A supportive environment
- Respectful individualized treatment
- Identifying and supporting goals
- Coordinated specialty care
- Shared decision-making

How do you access Help?

Available state-wide in West Virginia
Serving individuals aged 14-30

844-HELP4WV | www.help4wv.com

*Psychosis is a symptom,
not an illness,* and it is more
common than you may think:

- In the U.S., approximately **100,000** young people in the US experience psychosis each year.
- As many as **3 in 100** people will have an episode at some point in their lives.

**HELP is Available
& Treatment WORKS**

QuietMinds

QuietMindsWV.com

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