

# THE SOONER... THE BETTER

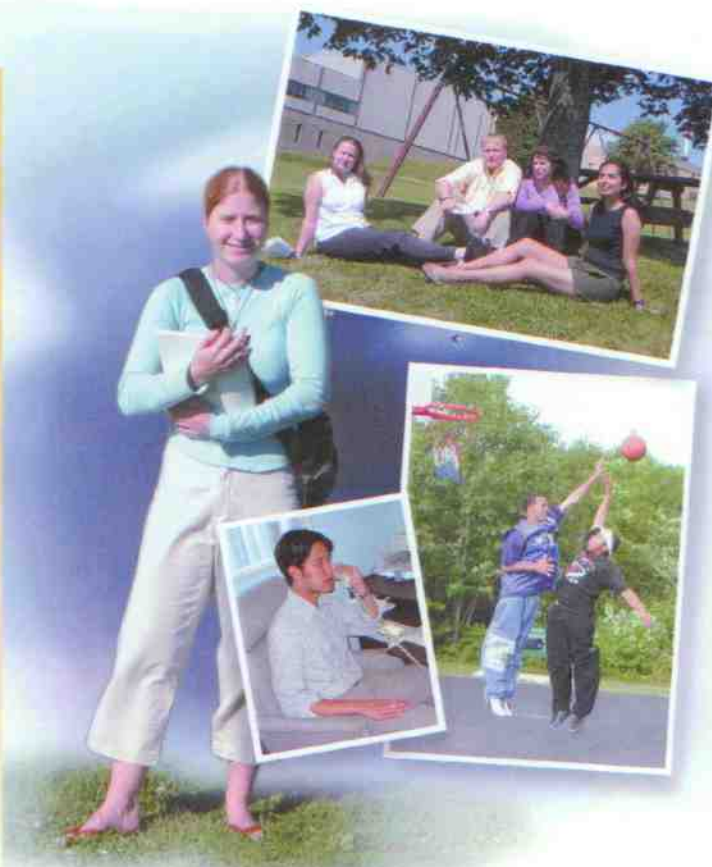
## GET HELP EARLY FOR PSYCHOSIS

*Psychosis is a serious but treatable brain disorder. Although it can happen to anyone it primarily strikes during adolescence and early adulthood.*

People with psychosis may act in a different way than they usually do.

If someone you know:

- ▶ withdraws from their usual activities with friends and family
- ▶ becomes unreasonably suspicious, tense or very irritable
- ▶ has difficulty sleeping, is restless and pacing at night
- ▶ hears, sees or perceives things that are not actually there
- ▶ seems confused, and their thoughts and speech are unclear and disorganised
- ▶ finds their everyday activities (school and work) very difficult to do
- ▶ shows bizarre or unusual behaviour
- ▶ has extreme changes in mood or shows very little emotion or facial expression



This person may be experiencing a first episode of psychosis, and needs to see their family doctor or a mental health professional. If it is psychosis, the sooner that effective treatment begins, the better.

For more information, contact:



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