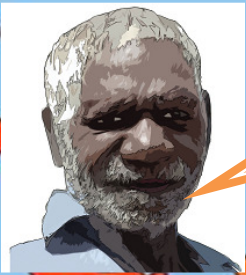


PSYCHOSIS

People who are hearing voices, and who have jumbled thoughts may have an illness called psychosis.



What is Psychosis?

Act strangely

Think of dying

THEY MIGHT



Feel afraid

Walk round all night

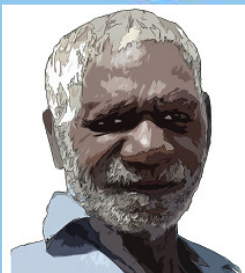


See things not there

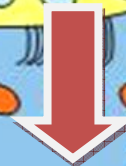
Sit down alone



What makes me psychotic?



These things can cause Psychosis:



Poor physical health
Loss or bereavement
Stress

Too much Alcohol or Gunja or other drugs
Family History
Stopping usual treatment
Breaking law





**How do you make
change?**

OUTSIDE CHANGES

**Family
Elders
Traditional healer
Clinic Mob
Mental Health Mob
Antipsychotic tablets with
dosette or Webster pack
Hunting, fishing, dance
Going to country
Stopping gunja, alcohol, or
other drugs**

INSIDE CHANGES

**Know about treatment

Remember totems,
family, elders

Think with your head
not with your heart**



**Everyone can make change - when they are ready
There are lots of different ways to change
Telling people they SHOULD change doesn't help
Letting them know you think they CAN change does help
Everyone changes in his or her own time
Small steps can lead to big changes**

**This information sheet is produced by AIMHI NT 2005 (updated 2008)
We invite your feedback and comments.
tricia.nagel@menzies.edu.au**