

## FURTHER QUESTIONS?

If you or those who care about you have further questions please speak with your treating team who will be able to help.

## HOW TO REFER TO DETECT?

Detect is an early intervention service available to patients attending the community psychiatric services of Cluain Mhuire, Elm Mount and Newcastle. Patients can be referred to these services by their GP. They can then be referred to Detect by their treating team. Once Detect has been informed that an assessment is required contact will be initiated within 72 hours.



## STAYING WELL

- Staying well requires commitment, practice and a willingness to listen to others.
- Become a participant in your own care.
- Learn new skills, for example, coping with stress, and learn to monitor and manage your own symptoms.
- Develop a healthy lifestyle.
- Set achievable goals, including strategies for coping with change, maintaining a trusted support network, and keeping active.
- Attend regular medical check-ups, continue medication if advised to do so.
- Participate in positive social, recreational and work activities.
- Seek the help of a cognitive behavioural therapist and/or participate in group cognitive behavioural therapy.
- Celebrate achievements and set plans for the future.

*I'm doing very well. I have gotten a part time job so as to complement my studies and this has helped me enormously....The lessons I learned are invaluable and help me to be healthier every day and.....,for the rest of my life.*

## FOR MORE INFORMATION

[www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)  
[www.aware.ie](http://www.aware.ie)

[www.detect.ie](http://www.detect.ie)  
[www.sirl.ie](http://www.sirl.ie)

Detect Psychosis Services: 01 279 1700



## PSYCHOSIS

### How to Recover and Stay Well

Detect early signs  
and symptoms

.....  
Early intervention

Full  
Recovery

[www.detect.ie](http://www.detect.ie)

## WHAT LIES AHEAD?

With appropriate treatments, most people can and do successfully recover from a first episode of psychotic illness.

*Having a mental illness is not the end of the world, by any means, 1 year later and I'm doing well, I'm probably just about back to normality. Just keeping physically healthy helps and I'm working on the rest.*  
Walter

## WHY ME?

Anyone can develop an episode of psychotic illness. There are currently approximately 75,000 people living with psychosis in Ireland, which is enough people to fill Croke park stadium.

## WHAT CAUSES PSYCHOSIS?

There are multiple causes of psychosis, including exposure to stress or trauma, substance misuse (drugs or alcohol), and having a family history of psychosis or mental health problems. Men aged 16–25 years and women aged 16–35 years are at a higher risk of developing of psychosis.

Research has shown that smoking cannabis can increase your chances of developing psychosis by over 40%. Cannabis has also been linked to higher rates of relapse following a psychotic episode.

## WHAT'S HAPPENING TO ME?

You may experience changes in the following areas:

### Your Senses

May appear sharper.

You may hear, see, feel, smell or taste unusual things.

### Your Feelings

You may be more sensitive.

Confusion can occur.

You may be depressed, irritable, or anxious.

### Your Thoughts

May seem to sped up/ slowed down.

You could experience unusual or bizarre thinking.

### Your Behaviour

It may be difficult to concentrate.

Attendance at school/ college/ work or even social events can decline.

Sleep and/or appetite can also be affected.

## WHAT ARE THE TYPES OF PSYCHOSIS?

Just as there are many types of breathing problems, there are many types of psychosis. Talk to your doctor and treating team about your diagnosis.

## RECOVERY: WHAT HELPS?

- Getting help as early as possible.
- Communicating with your team.
- Taking the correct medication.
- Asking your doctor about range of medications and side effects.
- Attending talking therapies.
- Getting advice about education/work options.
- Managing stress, e.g. relaxation/time management.
- Lots of water, fruit, vegetables and regular exercise of 30 minutes.
- Sticking to a routine.

## WHAT WON'T HELP?

- Using Street drugs, e.g. cannabis, LSD, ecstasy, cocaine and alcohol.
- Acting on what your voices tell you to do, without discussing them with someone.
- Avoiding and putting things off.
- Bottling up your thoughts and feelings.
- Jumping to conclusions without gathering all the evidence.
- Losing sight of your hopes and dreams.

## WHAT PSYCHOSIS ISN'T?

- It's **not** a split personality.
- It's **not** an intellectual or learning disability.