

Psychosis Fact Sheet

a new journeys information sheet



What is psychosis?

The term “psychosis” describes conditions that affect the mind, causing a loss of contact with reality or trouble deciding on what is real and what is not real. **Psychosis is not a diagnosis**, rather a cluster of symptoms which cause changes in an individual's thoughts and perceptions making it difficult to recognize what is real and what is not. This may include symptoms such as hearing or seeing things other people do not experience, holding firmly held beliefs despite no supporting evidence, and/or changes in cognition, speech, and behavior.

***Sometimes, and in some cultures, psychosis in and of itself is not a cause for concern. Other times, these experiences may cause significant disruption in an individual's life and be distressing.**

What causes psychosis?

There are many different things that can contribute to the development of psychosis. Things like substance abuse and certain medical conditions can cause temporary experiences of psychosis while other factors like genetic vulnerability + exposure to stress or trauma may result in longer term experiences of psychosis.

However, **there is hope!** Early identification and intervention for psychosis with a coordinated specialty care team like New Journeys can change the course of the illness and improve outcomes across an individual's lifetime!

Substance use



Excessive stress



Medical conditions



Genetic risk factors



Traumatic experiences



Differences in brain development

When in doubt, reach out! Go to www.newjourneyswashington.org to get more information and to contact our team or use the QR code to submit a referral to New Journeys

