

Breaking the Stigma of Psychosis

Psychosis is commonly misunderstood. Here are the facts.

Myths

**Psychosis is really rare.
No one in my life will be
impacted by psychosis.**



Treatment doesn't work.

**Treatment is scary
and painful.**



**Treatment means being in a
hospital or psych ward.**

Using cannabis is safe.



**It's not psychosis. It's their
personality, a curse, laziness...**

Facts

Psychosis is more common than you think.

**3 in 100 people
will experience psychosis**

Psychosis impacts people of every race, gender, sexual orientation, religion and socioeconomic status.

Treatment is effective.

People with psychosis can go on to live successful and meaningful lives. The sooner someone gets into treatment, the better.



Don't believe what you see in movies.

Treatment is safe.

Treatment typically consists of medications and therapy. Much like treatment for other mental health disorders.



**Early treatment happens
in an office.**

Our goal is for individuals experiencing psychosis to get into outpatient treatment for psychosis before ending up in a crisis situation where they may be sent to a hospital.



**Cannabis can increase
risk for psychosis.**

Starting young, using often, or using high-potency THC products increases the risk of psychosis and schizophrenia.

**Psychosis is a treatable
brain disorder.**

Many individuals and those around them ignore the symptoms and avoid seeking help. Psychosis can be debilitating AND can be managed with treatment.