

## 12. Psychotic Episodes and Experiences

Psychosis is a relatively rare mental health experience.

It is most diagnosed in young people, who may have experienced a big change in life.

### What can happen?

- We might experience confusion or mixed-up thoughts that don't stop and begin to affect our day-to-day life.
- Things around us may appear changed.
- Our thoughts might be sped up, slowed down or jumbled.
- Our sleep could be disturbed.
- We might experience changes in appetite or activity.
- We could start becoming more withdrawn and isolated.

These symptoms aren't always associated with psychosis but if these experiences develop or get worse, we may start experiencing the following.

### Other symptoms

- We may start believing things that **aren't true** or thinking things that others don't believe.
- We may start thinking we have special **powers**, such as believing we can read the thoughts of others.
- We might be able to see, hear, smell or taste things that other people can't.
- We might become **paranoid** or **suspicious** about other people.

Other people such as our family or friends may be better at noticing these changes than we are.

These experiences may not be psychosis, but it is important to be **checked out by the GP** if you are worried about yourself, or someone else.

There is very good evidence that early intervention can help people with these experiences.

There is a specialist service in Leeds that helps people who may be experiencing an episode of psychosis called Aspire.

You can [refer yourself to Aspire, the Early Intervention Service](#), or call 0113 200 9170 for advice.

If you are **ever** concerned about your safety or the safety of a friend or loved one, please call 999 or visit A&E.

[Visit the Counselling and Wellbeing website for helpful online resources on Psychotic Episodes and Experiences](#)