A story of psychosis
Psychosis crept up on me...

I didn't even know what it was.

I had a busy life, worked part-time.

I felt that I was constantly being spied on by my colleagues.

My best was never good enough.

I thought my thoughts were normal, but signs were there that they were not.
I told myself that I should be able to cope but became suspicious of everyone and was losing sleep...

my mood swung from high to low

time sped up and I didn't feel in control.

I began avoiding friends and isolating myself. In a gradual decline
Eventually I quit my job. I worried about looking lazy but I wanted to be left alone.

I hated bright lights.

The buzz of quitting work didn't last long as soon my symptoms became acute...
When the hallucinations started, everything became very scary.

If this happens, trust the people you have always trusted.

I was suspicious of my family but had to trust them when they told me things were not there.

It was tough because I felt confused and alone.
Psychosis is a general term for mental illness that makes someone lose contact with reality. It was a relief to be told to see a doctor because I realised something was not right. Headaches triggered by stress and anxiety. Don't ignore problems and get help early.
For more information log onto

www.youngminds.org.uk
http://au.reachout.com/sitemap
www.itssalright.org
www.rethink.org
www.aminormal.org

Somerset Team for
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