What is Psychosis?

Psychosis is a mental health illness. It changes how people think, feel and behave. When somebody has psychosis they might have a few different symptoms. These can be:

* Hearing voices that other people can’t hear. Sometimes these voices can say horrible, scary and upsetting things
* Seeing things that other people can’t see.
* Feeling, smell, or tasting something that is not actually there.
* Believing that things are different to how they are, for example they may believe they are someone or something that they are not. They may also believe others are people they are not or doing things they are not.

People with psychosis might find it difficult to believe that they are unwell. They might not act how they would of when they were well. They might be more distracted, quieter or louder, they might be different in how they talk to you, not do the same activities they did previously, be happier or sadder then they were before.

What is The Highfield Unit?

The Highfield Unit is a safe place that helps lots of young people, including those with psychosis. They offer medicine to help recovery. It should help the person to see things as they are rather then how psychosis makes them see things. The medication is normally called anti-psychotic medication. Sometime people keep taking this medication even when they feel better; this is to stop psychosis from coming back. The Highfield Unit offer the person time to talk about their illness. They may find in useful for someone to talk through different ways of coping with being unwell. We even offer school to keep up with school work and routine

How you can help?

It is helpful for family to learn about psychosis and show understanding. Family can meet with staff and the sibling to learn which ways to best support them individually. Families can encourage a healthy life style, including, eating well, sleeping well, having a daily routine and doing regular exercise.

It is not helpful to the person if you are blaming of the individual. You might feel angry or upset about how they behave but it is important to tell the right person that you feel this, maybe mum or dad first and then find the best way to tell your sibling with them. They may not be able to control their behaviour.

How can we support you?

It can feel really hard to have a family member with psychosis, but you are not the only one. The Highfield unit help lots of people with psychosis. We are here to support you as well, if you would like to talk to a nurse about your relative with psychosis please let us know. There is a nurse allocated to your family.

Psychosis can really affect relationships with family, and might have changed your home routine which can be upsetting.

It can be very difficult to see a family behaving so differently to how they normally would and saying things that you know are not true, especially if they are about you. It can be hard to understand why this is happening