

NHS Fife Department of Psychology

A photograph of a green tree with dense foliage, set against a clear blue sky. The tree is positioned on the left side of the page, partially overlapping the blue background.

Signs of Psychosis

Common early signs of psychosis are mood changes and problems concentrating. However, there are many different signs of psychosis. If you are noticing changes in yourself or someone else, check if any of the following signs are present.

Help Yourself @ moodcafe.co.uk



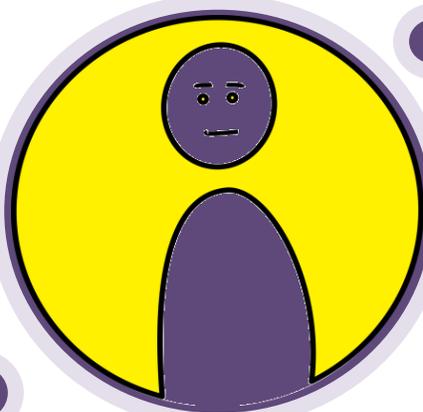
- Upset or down
- Flat or numb
- Getting anxious or panicking about things with or without a clear reason
- Irritable and easily annoyed
- Not caring about things
- Having extreme feelings and uncontrollable mood-swings

What has your mood been like?

- Getting confused easily
- Slowing or speeding up of your thought processes
- Problems making decisions
- Strange or bizarre thoughts
- Thinking that people around you have changed somehow
- Becoming suspicious of others
- Seeing, hearing, smelling or feeling things that others can't

What have you been thinking about?

Has anyone in your family ever had a psychotic episode?



Has anything upsetting or traumatic happened?

Have you been under stress?

- Pressure at work or school
- Getting a new job
- Tension at home or in a relationship
- Moving house or other big life changes

What have you been doing?

- Losing interest in activities you used to enjoy
- Neglecting your personal hygiene
- Doing things that you would not usually do

- Being the victim of abuse, assault or any other crime
- Seeing or knowing someone who has been a victim of crime
- Losing your job
- The death of someone you know

Visit moodcafe.co.uk
for more helpful resources

