

Truths and Misconceptions: Psychosis

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Psychosis is a bio-psychosocial condition which impacts the brain.

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So people that have psychosis may have some positive symptoms, such as hallucinations or delusions. Common misconceptions about psychosis,

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I think, the first one that comes to mind

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is that people are violent or dangerous. People with psychosis are no more dangerous or violent than the average population.

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And in fact, they are more likely to be victims of violence rather than perpetrators.

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Psychosis happens across all ages, across all socioeconomic statuses, it doesn't discriminate.

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It doesn't just happen overnight.

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It's a gradual process of also unresolved anxiety, unresolved depression, unresolved trauma.

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It can be triggered by all sorts of factors. The next myth, is that, "psychosis can't happen to me."

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And it really can happen to anybody.

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About three percent of people in the world will develop psychosis at some point in their lifetime.

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Another misconception is that people with psychosis cannot live a normal life.

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And the truth is, a lot of people live productive and meaningful lives.

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Another common misconception is that you can't do anything to help a loved one who may be experiencing psychosis.

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What you can do is engage in some active and supportive listening,

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really understanding their situation and then encouraging, encouraging them to seek professional support.