

Mission Statement

This leaflet is designed to connect people suffering from psychosis and help them understand their condition. It has been put together by people who have had psychosis themselves.

It is hoped that if the reader feels alone, they will find comfort in knowing that many people have similar experiences.

It may take time to come to terms with your experiences and problems, but, once worked through, it is time to rebuild your life; the leaflet goes into detail about this.

About us ...

"This project has helped me in my recovery, I've learnt different skills as well as meeting new people. In addition I've learnt more about myself as an individual. Recovery for me is about achieving an optimum mental state. No apathy, lethargy or sedation when taking the ideal medical at a tailored dose." J

"This project has been useful to myself. It has allowed me to be on the same level as the mental health professionals involved in my care. We have been able to discuss things openly. I hope other people will gain from the information we have assembled." G

"I have spent years struggling to manage the erratic state of my mental health. Though I am now almost fully recovered I still suffer the occasional symptom. There is light at the end of those long dark tunnels. Those bad days will gradually start to turn back into good days once more. You will recover." S

"I was initially recruited to the project for my design and Photoshop skills but soon found myself involved with just about every other aspect as well.

Sharing our experiences helped me to understand my illness better and working as a team has been and enjoyable challenge. I hope the result is something that will be useful to you." S

A leaflet by psychosis sufferers for psychosis sufferers



This leaflet is for those who have been diagnosed with psychosis

It aims to provide useful information and to help sufferers in recovery



Recovery from psychosis can be viewed as a progression from social exclusion to social inclusion.

'Social Exclusion'



Becoming psychotic means a change of thoughts, perception and emotions. It can affect your confidence and idea of self. You may be preoccupied by your unusual experiences at the cost of everything else and lose your normal routines, even basic ones like looking after yourself. No longer seeing friends or do your normal daytime activities can result in social isolation.

Once the worse of the psychotic symptoms have dissipated, it can be difficult to get back into a routine and full, functional recovery may take a while. This can be because you feel a bit down, or tired. The medication can be sedating and you may not feel like doing things. It takes time for your mind to work on full capacity again and to build up stamina and for your recovery to be sustained. Often people try to go straight back to their old life and routines and find out that they need more time. Or, their confidence is gone and they may worry that going back to the old life will bring back their illness. Others may simply not know what they are still capable of.

The start to recovery is often finding the right medication. While recovery from the main symptoms can be good and sustained, recovery in every other sense can be slow and by degrees: education, work, relationships, and quality of life. Side effects of medication can include excessive sleeping, stiffness of movements, restlessness, weight gain, or sexual side effects.

During this time things that help recovery are the support from friends and family, that of professionals and a supportive and sheltered environment. It can be a comfort being amongst people who have had similar experiences. It is important to have someone to talk to and people to help you reconnect with society and the world.

Sadly, much about mental health is still misunderstood by society at large and sometimes also by those around us. On a personal level, when you are ill it can be difficult to maintain relationships with friends and family. You may not be able to cope with being around people, not trust them, or feel too anxious. You may be worried about how they would react or cope with your illness. It is hard when you have lost your confidence and you are too self-conscious to let people know how fragile you feel.

Recovery can be delayed by anxiety, depression, substance misuse or unresolved psychological issues. It is important not to give up, even though recovery can take a long time.

'Social Inclusion'

The road to recovery is an individual journey. Putting one's life back together is like building with Lego blocks and different people need different things. It essentially involves regaining motivation, rediscovering one's confidence, idea of self and concentration. Connecting with people is very important. Being with other people draws you out of yourself and widens your world. You may find it particularly helpful to be with other people with similar problems.

Becoming ill can affect our ability to have relationships with other people. Functioning socially is demanding and requires confidence and complex skills. Recovery means re-establishing these skills and re-connecting with others: it is a crucial Lego block to attain and it can be some time before you begin to feel comfortable around other people again. Take help from friends and slowly, block by block, you will find yourself regaining yourself.

Recovery is an ongoing process and it will not happen overnight. Make a conscious effort to manage your stress levels - remember the Green Cross code ... stop, think and don't get cross!

Having a routine can be helpful, like going along on a regular basis to somewhere such as Workwise, where you will have something to learn and something to do. Or you could try taking part in a sport; something that is not only good for you physically but that many people find really helpful psychologically - look good, feel great!

Your confidence will start to grow, together with your motivation and concentration. Rebuild things slowly. Recovery is always ongoing and can take time. It is your story and your journey.