

Help for psychosis in the Montreal Area

Youth-Oriented:

- *Montreal Children's Hospital Psychiatry Department:*
514-412-4449
***Referral needed** (call your local CLSC first. Dial 811 to find your local CLSC)
- *Child Psychiatry Outpatient Clinic (Douglas Hospital):* **514-761-6131**
Ext. 2067
- *Herzl Family Practice Centre Adolescent Hotline:* **514-340-8242**
- *Head & Hands:* **514-481-0277**
<http://headandhands.ca/>
- *Kids Help Phone:* **1-800-668-6868**
<http://www.kidshelpphone.ca/>

General:

- *PEPP Montreal (Douglas Hospital):*
514-761-6131
Ext. 4121
- *PsyMontreal:* **514-337-2473 Ext. 0**
<http://www.psymontreal.com/>

To Learn More

Websites:

- www.amiquebec.org/psychosis/
Resources for psychosis
- <http://www.nlm.nih.gov/medlineplus/ency/article/001553.htm>
Information on psychosis
- www.nami.org/Content/NavigationMenu/First_Episode/About.htm
First episode of psychosis
- www.camh.ca/en/hospital/health_information/a_z_mental_health_and_addiction_information/psychosis/
About Psychosis

AMI-Québec has many programs to help families and people suffering from mental illness. If you recognize yourself or someone you care about in this pamphlet, please contact us and we will direct you to an appropriate resource.

(514) 486-1448

www.amiquebec.org

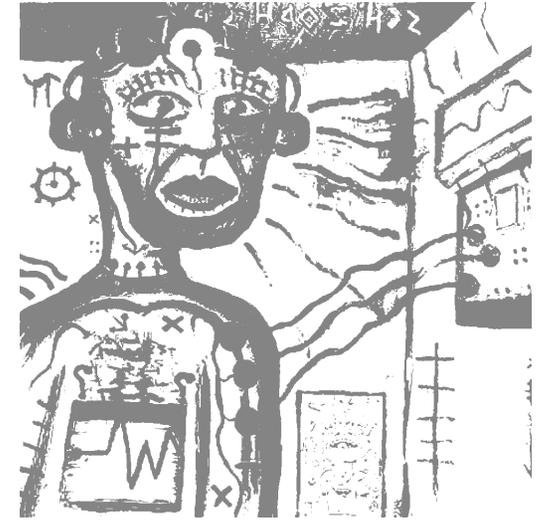
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PSYCHOSIS



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Max was sitting on the bus coming home from school when, out of nowhere, he heard a voice telling him to get off the bus. Off the bus? He wasn't even halfway home yet. He dismissed the command, thinking maybe he'd overheard someone else's conversation. Later that night, watching TV, he heard someone tell him he'd been chosen. Chosen for what? Who was talking to him? Be patient, the voice said, and I will explain everything...

Max's friends were wondering what was wrong with him. In class, during lunch, or on the bus, he would sit staring into space. His friends tried to talk to him but he was not able to keep up with the conversations. When he did talk it was in rambling and disconnected sentences that made no sense. Sometimes it even seemed like he was talking to himself. In class he felt as if his peers were watching his every move and plotting against him. He was paranoid. His hair was long and scraggly and he didn't seem to care about how he looked anymore. His friends started leaving him alone - maybe he was into drugs and not telling them. Maybe it was a phase.

WHAT IS PSYCHOSIS?

Psychosis is a medical condition that is characterized by a person's loss of contact with reality. It affects their thoughts, perceptions and/or behaviours. Psychotic disorders are often recurrent and chronic. Psychosis affects both men and women equally and most often develops during adolescence and young adulthood. Psychosis is commonly associated with schizophrenia, and sometimes with depression and bipolar disorder.

Additionally, those with a family history of psychotic disorders may be at a heightened risk for developing psychosis.

Psychosis can also be a result of illicit drug use. People with dual diagnoses (having both mental illness and substance abuse) tend to suffer more episodes of psychosis.

SYMPTOMS OF PSYCHOSIS

Psychosis consists of both **positive** and **negative** symptoms.

POSITIVE SYMPTOMS

Positive symptoms are *extra* feelings or behaviors that are not typically present in people without psychosis. These include:

- Hearing voices that nobody else can hear
- Seeing things that aren't there
- Disorganized speech and behavior
- Believing that others can influence your thoughts, or that you can influence the thoughts of others
- Believing that you are being watched or followed
- Feeling that your thoughts have either sped up or slowed down

NEGATIVE SYMPTOMS

Negative symptoms are a *lack* of behaviors and feelings that are typically present. These include:

- Lack of interest or energy
- Emotional unresponsiveness
- Slow speech and actions
- Poor communication skills
- Decrease in physical activity

Psychosis can also be a symptom of Schizophrenia, as well as:

- ***Bipolar disorder***
- ***Schizoaffective disorder***
- ***Severe depression (with psychotic features)***
- ***Drug-induced psychosis (symptoms are clear)***
- ***Delusional disorder***

TREATMENTS

- Antipsychotic medication
- Education
- Support

Early intervention and treatment is essential. It significantly increases the chance of recovery.

GETTING HELP

If you or someone you know shows signs of psychosis then it is important to get help. ***The sooner an illness is treated, the better the outcome.*** Telling friends is not enough. It is important to **talk with an adult whom you trust**: a parent, guidance counselor, social worker, coach, or teacher. You can also visit a family doctor or CLSC and explain what you are experiencing.