

# HOW TO SUPPORT

## YOUR FAMILY AND FRIENDS DURING PSYCHOSIS



### KNOW THE SYMPTOMS

- Hallucinations
- Delusions
- Confused Thinking
- Disorganized Thoughts/Speech
- Changes in Feelings
- Behavior Changes
- Reduced Performance
- Perceptual Changes



### BE THEIR ALLY

Educate yourself on psychosis to have greater knowledge on what they might be going through. More importantly, be the person they can count on when they are struggling.



### PREVENTION IS KEY

First episode psychosis: a person experiences the symptoms of a mental illness, such as Schizophrenia, Schizoaffective Disorder, and Brief Psychotic Disorder.

The time after a first episode can be very confusing and distressing, leading to possible mental health issues in the future.

### ENCOURAGE COPING SKILLS

Learning positive coping skills gives the individual tools on how to cope with the symptoms they are experiencing:

- Going on walks
- Participating in a hobby
- Taking deep breaths
- Practicing Mindfulness



### WORK WITH THE IHOPE TEAM

IHOPE provides the following for individuals aged 15-30:

- Psychoeducation
- Peer Support
- Case Management
- Outreach
- And much more!

### Contact Information

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