



TIPS FOR TALKING ABOUT PSYCHOSIS

- Young people are unlikely to share their early experiences of psychosis spontaneously, so be open-minded and actively listen.
- If inquiring about initial concerns or observable changes, start with simple open-ended questions.
- Convey that you view their experience as a part of their life experience and that it does not define who they are.
- Move to more specific questions as it makes sense.



How to Show Your Support

- Clearly convey that you're there to help.
- Be curious and openminded! Convey you're there to help, not afraid and won't be overwhelmed by their statements.
- Reassure them that their experiences do not define them.
- Reach out to their support network if you have any concerns.



Need Help?

If you or a loved one is experiencing any of these signs or symptoms, help is available!

iHOPE serves individuals aged 15-30.

Email Us:

ihopereferrals@sevendcounties.org

Call Us: (502) 314-0583



PSYCHOSIS SCREENING QUESTIONS

- Have you started to wonder if your mind was trying to trick you or was not working right?
- Have you felt confused whether an experience was real or imaginary?
- Have you felt that some person, force, or creature was around you, even though you couldn't see anyone?
- Have your thoughts been so strong that you felt like you heard them or worried other people could hear them?
- Have you seen objects, people, or animals that no one else could see?
- Have you heard voices or sounds that no one else could hear?
- Have you thought that the world may not be real or that you may not be real?
- Have you thought that people were following or spying on you?

If you answered yes to any of these questions, contact the iHOPE team:

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