

# GATHER AROUND

DEMYSTIFYING PSYCHOSIS



## WHAT IS PSYCHOSIS?

- An altered sense of reality
- Difficulty deciding what is real and what is not real.



## WHAT TO LOOK FOR?

Seeing, hearing, or tasting things that other people don't

Paranoia

Difficulties organizing thoughts or speech

Withdrawal from friends and other social groups

Lack of sleep or disrupted sleep

Lack of motivation

## African Americans/ Black People



As a group 15% of us will experience psychosis



We are also 5x more likely to be diagnosed with schizophrenia

We are offered services at lower rates

We are less likely to seek services until we are in crisis.

## CRISIS LINE

Call 988

## WHERE TO GO?



LET US HELP YOU GET CONNECTED



[www.fpnavigator.org](http://www.fpnavigator.org)



If you or someone you know is experiencing a mental health concern, let us help you get connected to the right services.

[www.fpnavigator.org](http://www.fpnavigator.org)