

MYTHS AND FACTS ABOUT PSYCHOSIS

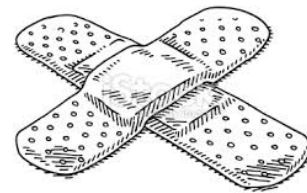
3 out of every 100 people will develop psychosis at some point in their lives.
Dispelling myths is an essential part of recovery.

Myth: Psychosis is the result of bad parenting.



Fact: Most experts agree that genetics, substance use, stress, and other risk factors may lead to psychosis.

Myth: People with psychosis are lazy.



Fact: Psychosis is a medical disorder that affects the brain. Like any other injury, the brain needs to heal. This might mean that the person sleeps a lot, not that they're lazy.

Myth: People with psychosis are "stupid"



Fact: The person's learning difficulties may be due to the illness, not a lack of intelligence.

Myth: Psychosis results from a personality weakness or character flaw.

Fact: Psychosis has nothing to do with being weak. It results from changes in the way the brain works. Medication and psychosocial therapies can help.



Myth: People with a psychotic illness are dangerous and violent. They're psychopaths.

Fact: Having psychosis and being a psychopath are not the same. People who suffer from psychosis are rarely violent. They're more often frightened, confused and despondent.

