

Psychosis and schizophrenia spectrum

Preparing to Seek Help for Unfamiliar Experiences

Adults | 10 to 15 minutes

Psychosis can involve changes in perception, beliefs, or thinking and can have different causes. It is not the same as a personality trait. New or rapidly worsening experiences deserve prompt professional assessment. This page helps communicate concerns without confirming explanations or replacing live care.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

Describe experience and impact

Use your own words for what is happening, such as hearing something others do not appear to hear or struggling to organize thoughts. Include distress, sleep, and daily functioning. You do not need to argue about what the experience means.

Ask for coordinated support

Discuss medicines, substances, medical changes, and available help. Ask what assessment involves and what follow-up is offered. A trusted person may support communication with your permission; your preferences and privacy still matter.

1. What unfamiliar experience or thinking change do you want a professional to understand?**2. What has changed in sleep, daily functioning, or your ability to feel settled?****3. What health, medicine, substance, or recent life context should be assessed?****4. What support person, communication preference, or assessment question would help you access care?****Clinical use and adaptation**

Assess urgent risk, medical causes, substance effects, mood symptoms, and functional decline. Respond to distress without affirming unverified beliefs or confronting experiences harshly. Promote timely specialist care and consent-based support; do not assume dangerousness from psychosis alone.

Original educational resource. Adapt with a clinician; not a validated assessment or complete treatment protocol.

Conceptual references: E05, E06. Full sources are in the online preview and collection appendix.

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