

USEFUL CONTACTS

CALM 0800 58 58 58	Daily, 5pm-Midnight thecalmzone.net
Mind 0300 123 3393	Mon-Fri, 9am-6pm mind.org.uk
PAPYRUS 0800 068 4141	Mon-Fri, 10am-10pm. Weekends 2pm-10pm. Bank Holidays 2pm-5pm papyrus-uk.org
Rethink 0300 5000 927	Mon-Fri 9.30am - 4pm rethink.org
Samaritans 116 123	Free 24-hour helpline samaritans.org.uk
Sane 0845 767 8000	Daily, 6pm-11 pm sane.org.uk
YoungMinds 0808 802 5544	Mon-Fri, 9.30am-4pm youngminds.org.uk

#EPICMINDS

Information to help you through your experience of psychosis and support your recovery.

Psychosis is a treatable mental health condition that affects people from all walks of life. The earlier someone with psychosis is able to get help, the better the chances of recovery.

NEED HELP?

Please seek help if you are concerned about yourself or someone you know.

**TALK TO YOUR
LOCAL GP OR
CALL NHS 111**

Visit our website to find out more

www.epicminds.co.uk



**PSYCHOSIS IS A TREATABLE
MENTAL HEALTH ILLNESS**



- KNOW THE FACTS -

WWW.EPICMINDS.CO.UK

#EPICMINDS

MYTH

SCHIZOPHRENIA
MEANS YOU
HAVE A 'SPLIT
PERSONALITY'

EPIC MINDS FACT

The word schizophrenia means **'split mind'** and this has caused a lot of confusion. Unhelpfully, schizophrenia is often confused with multiple personality disorder (or dissociative identity disorder). But, it doesn't mean that you have two separate personalities.

MYTH

MENTAL HEALTH
ILLNESSES, SUCH
AS PSYCHOSIS,
ARE THE
RESULT OF BAD
PARENTING

EPIC MINDS FACT

Most experts agree that a genetic susceptibility, combined with other risk factors, may lead to psychiatric disorders. However, there can be many causes that lead to psychosis and you can become ill even if you have warm, caring and loving parents.