

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

PEOPLE WITH
MENTAL HEALTH
ILLNESSES AND
PSYCHOSIS ARE
USUALLY VIOLENT AND
UNPREDICTABLE

EPIC MINDS FACT

People with a mental illness and psychosis are no more likely to be violent than anyone else. If you have psychosis, you can be vulnerable and more likely to be a victim of crime. The behaviour of someone with psychosis may be strange, however they're more likely to harm themselves than someone else.

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YOUNG PEOPLE
JUST GO THROUGH
UPS AND DOWNS
AS PART OF PUBERTY,
IT'S NOTHING

EPIC MINDS FACT

One in ten young people will experience a mental health problem. Psychosis tends to begin in late adolescence and early adulthood.