

you know

### Trust your instincts...

**Before you know what's wrong, you know something's not right.**

- You know yourself. You know your friends. You know your family. Who else would know if something just wasn't right?
- Don't ignore major changes in grades and behavior. There may be a significant problem.
- Encouragement and support from friends and family may make the difference in whether the person gets help.

Mental health screenings should be part of every wellness medical visit, especially for adolescents and young adults.

Psychosis is when a young person finds it difficult to tell what is real from what is not real. It is characterized by a loss of some contact with reality.

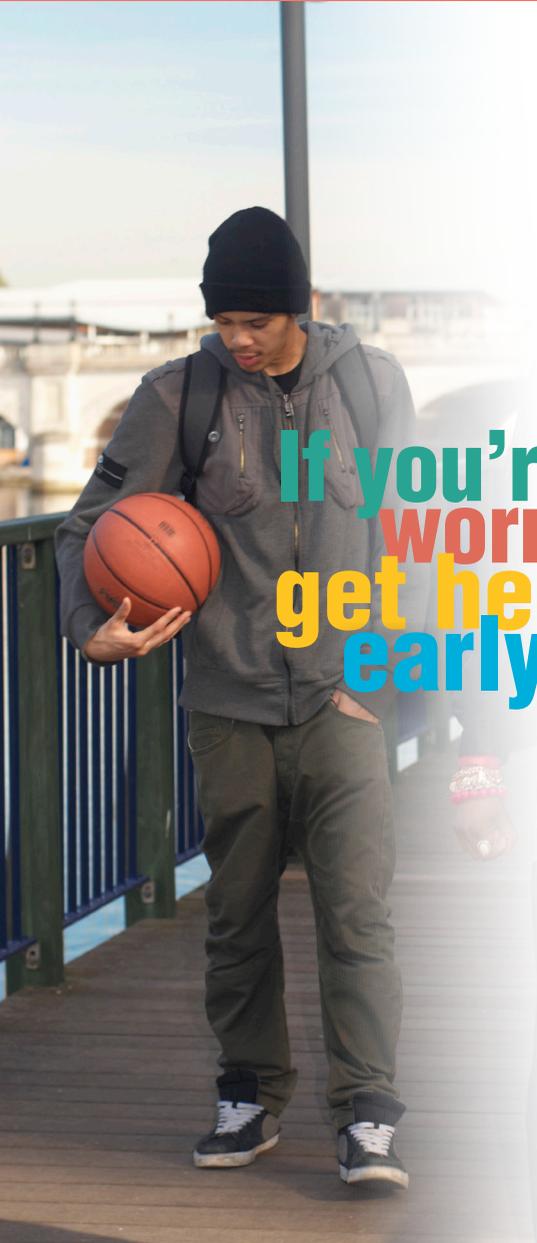
- Among teenagers and young adults, psychosis is more common than insulin-dependent diabetes (affecting about three people in every one hundred).
- Most people experience psychosis for the first time between the ages of 15 and 25.
- Many things can cause psychosis, such as:
  - Prescription drugs
  - Illegal drugs
  - Medical conditions
  - Sleep deprivation
  - Extreme stress

### Have you seen two or more of these warning signs?

- A drop in grades, or having trouble doing things that use to be easy
- Strange behavior or beliefs that are out of character and new
- Seeing or hearing things that others do not
- Not sleeping for days

**Like diabetes, psychosis does not discriminate – anyone can be affected.**

**Don't wait,  
Learn more,  
Get help early.**



**If you're  
worried,  
get help  
early**

## what's wrong

### Washington Recovery Help Line

24-Hour Help for Substance Abuse, Problem Gambling & Mental Health

**1.866.789.1511**

(206.461.3219 TTY)

### Reach us now

(866) 789-1511

(206) 461-3219 (TTY)

Language interpretation available  
recovery@crisisclinic.org

### Help for teens

Teen Link:

a confidential teen-answered help line

Every evening 6:00 - 10:00 pm

(866) 833-6546

recovery@crisisclinic.org

teenlink@crisisclinic.org

[www.dshs.wa.gov/GetHelpEarly](http://www.dshs.wa.gov/GetHelpEarly)



Transforming lives

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Psychosis is treatable. Many people recover from a first episode of psychosis and never experience another psychotic episode.

**Early intervention means better outcomes.**

**Get help early.**

**Something  
is not  
right**

**Don't wait,  
learn more,  
get help early.**



Transforming lives