

ANYONE CAN EXPERIENCE PSYCHOSIS. KNOW YOUR RISKS.

All people can experience [symptoms of psychosis](#). Knowing your risk is getting to know yourself better. By reflecting honestly on yourself and your experiences, you can identify risk factors and take action toward improving your well-being.

PSYCHOSIS RISK FACTOR CHECKLIST

☐ FAMILY HISTORY

Family history of psychosis symptoms, psychotic disorders such as schizophrenia, and/or mood disorders.

☐ ALCOHOL & DRUG USE

Alcohol and drug use can exacerbate or trigger the onset of psychosis symptoms like paranoia. It often happens as a result of using too much, mixing substances, and/or taking prescribed medications incorrectly.

☐ BRAIN INJURY

Traumatic brain injuries can worsen preexisting psychosis and/or cause new symptoms. For those who have a family history of psychosis, the risk is even higher.

☐ TRAUMA

Traumatic life experiences such as enduring the death of a loved one and abuse can increase one's risk for psychosis. Trauma during important developmental stages of childhood puts individuals even more at risk.

☐ MEDICAL CONDITIONS

Many medical conditions, especially those that affect the brain, can increase one's risk of experiencing psychosis. Some examples are epilepsy, HIV/AIDS, hormone disorders, Lyme disease, lupus, and brain tumors.

☐ SOCIAL & ENVIRONMENTAL

Social and environmental factors like social exclusion, vulnerability to racist discrimination, migration, malnutrition, and childhood adversities can cause trauma that relates to the onset of psychosis symptoms.

HOW DO I KNOW IF IT'S PSYCHOSIS?

Take the quiz! Scan the QR code or visit calmnola.org/quiz.



REDUCE YOUR RISK OF PSYCHOSIS

While some risks cannot be controlled, such as genetics, there are some things people can do to be proactive in reducing their risk of experiencing psychosis.



AVOID DRUGS & ALCOHOL

Avoiding drugs and alcohol reduces your risk of experiencing psychosis. Speak to your doctor about any psychosis symptoms you experience while under the influence, especially if they continue when you stop using.



GET ENOUGH SLEEP

Sleep is an important part of brain health. Over time, a lack of sleep can lead to difficulty performing daily functions and you may begin to experience symptoms of psychosis. [CDC recommends](#) teens and young adults should get 7-10 hours of sleep each night.



REGULAR PHYSICAL ACTIVITY

Moving your body, even if it's just a brisk walk, can help improve brain health and cognitive function. Don't forget to wear proper safety equipment when needed to avoid head trauma or injury.



REDUCE STRESS

While easier said than done, finding a way to reduce stress can decrease your risk of experiencing psychosis. Try activities like reading, art, or spending more time in your [place of CALM](#).



EAT A NUTRITIOUS DIET

Try incorporating more green vegetables and healthy fats like omega-3 fatty acids into your diet. You can find these in foods like salmon, flaxseed, nuts, and avocados.



SEEK THERAPY & SUPPORT

Whether things seem particularly "bad" or not, the support of those around you and/or from a mental health professional will improve your well-being and reduce your risk of experiencing psychosis.

TALKING TO YOUR FAMILY ABOUT HISTORY OF PSYCHOSIS

Many people don't know their family's mental health history. Try asking your family about these questions to gather relevant information that will help you assess your risk for psychosis.

DO YOU KNOW OF ANY FAMILY MEMBERS WHO HAVE:

- Been diagnosed with a major mental illness such as schizophrenia, bipolar disorder, or major depression?
- Been hospitalized for mental health reasons?
- Been unable to go to work or school for more than a couple of weeks?
- Had very few friends or seemed like loners?
- Seemed odd or eccentric in behavior or appearance?
- Seen visions, heard voices, or had beliefs that seemed strange or unreal?
- Had problems with their nerves or emotions? Seen a doctor or taken medication for this?

If you discover family members have experienced any of the above, be sure let your primary care and mental health providers know. Try following some of our tips to reduce your chance of experiencing psychosis. If you are already experiencing symptoms, we urge you to reach out to a provider that specializes in psychosis.

