

Am I Experiencing Psychosis?

Psychosis should only be diagnosed by a mental health professional or doctor. However, answering the questions below can give you an idea of whether you might find it helpful to have a professional assessment.

Do you hear voices or sounds that people around you cannot hear?

Never Occasionally Sometimes Often

Do you see, feel, or smell or taste things that others can't?

Never Occasionally Sometimes Often

Do you have unusual thoughts or beliefs that others around you don't share?

Never Occasionally Sometimes Often

Do you have difficulty thinking and concentrating in a way which makes your speech sound muddled?

Never Occasionally Sometimes Often

Do you act in ways that other people think are strange or unpredictable?

Never Occasionally Sometimes Often

Do you feel disconnected, or struggle to experience emotions as strongly as you used to?

Never Occasionally Sometimes Often

Do any of the above experiences interfere with your usual daily routine?

Never Occasionally Sometimes Often

If you answered 'sometimes' or 'often' to several of these questions, you could be experiencing the symptoms of psychosis. You might find it helpful to speak to a mental health professional about how you're feeling.