

## “Something’s not quite right” prompt sheet to help you to talk about Psychosis

To a professional who can help:

- ‘I think I may be experiencing psychosis but I find it hard to talk about this and to describe my experiences’.
- OR**
- ‘I am worried that someone I care about may be experiencing psychosis’.

*Psychosis can be subtle and hard to identify, particularly in the early stages, however I have been experiencing some or many of the following....*

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| <input type="radio"/> A feeling that something's not quite right                     | <input type="radio"/> I have been getting messages from the TV or radio                                    |
| <input type="radio"/> My thoughts feel muddled or unclear                            | <input type="radio"/> I feel like everyone is talking about me   |
| <input type="radio"/> I am having trouble focussing or concentrating                 | <input type="radio"/> I feel like my thoughts aren't private, or are not my own                            |
| <input type="radio"/> I am having more trouble coping with stress than I usually do  | <input type="radio"/> Sounds and colours seem different  |
| <input type="radio"/> I’m struggling to keep up at work or study                     | <input type="radio"/> I have been hearing sounds or seeing things that I am unsure other people experience |
| <input type="radio"/> I feel unreal/ the world feels unreal                          | <input type="radio"/> I feel like something bad is going to happen   |
| <input type="radio"/> I feel suspicious about people and what is happening around me | <input type="radio"/> I am hearing voices  |
| <input type="radio"/> I am less social than usual                                    | <input type="radio"/> I am having thoughts about hurting myself, I feel unsafe.                            |
| <input type="radio"/> I have trouble getting things done                             | <input type="radio"/> I am having thoughts about hurting others  |
| <input type="radio"/> My emotions feel flat  |  |
| <input type="radio"/> I feel like I'm controlled from outside                        |  |
| <input type="radio"/> Other; I also experience:                                      |  |

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*Dear Professional,*

*Please consider the possibility that this person may be experiencing early signs of psychosis or At Risk Mental State/Prodromal signs. In the early stages of psychosis subtle and non-specific signs are often apparent before more classical signs. Experience of muddled thinking (thought disorder), decline in functioning across domains, and subtle cognitive impairment often precede onset of overt symptoms such as hallucinations. Please also consider the cultural context in which the person is experiencing these symptoms as they may require culturally specific support.*

*Please feel free to contact your local Early Intervention in Psychosis Team or Community Mental Health Team for consultation or to discuss potential referral. You can find more information at [www.nzeips.co.nz](http://www.nzeips.co.nz).*