

Help challenge public misconceptions of psychosis.

MYTH: Psychosis is extremely rare.

FACT: Psychosis is more common than Type 1 Diabetes. Roughly three in 100 people have a psychotic disorder. Psychosis can happen to anyone: nice people, funny people, well-to-do people, smart people, etc.

MYTH: People with psychosis never recover.

FACT: People with psychosis get better and can recover completely. They can live, work, learn, love, and participate fully in their communities. There are safe, effective treatments and more community support systems than ever before.

MYTH: People with psychosis are violent and unpredictable.

FACT: The vast majority of people with psychotic symptoms are not more violent than anyone else. In fact, people with psychosis are much more likely to be victims than perpetrators of violence.



MYTH: Psychotic disorders typically appear “out-of-the-blue”.

FACT: Major mental illnesses, including those with psychotic symptoms, typically emerge gradually over months or years, often beginning with “nonspecific” changes in concentration, social interaction, or mood and progressing to more psychotic-like experiences. Only about 20 percent will experience a sudden onset.

MYTH: Schizophrenia is the same as having multiple personalities.

FACT: Unfortunately, movies and media promote frightening and misleading images of psychosis and schizophrenia. Schizophrenia does NOT involve having multiple personalities or being a sociopath.

MentalHealthScreening.org
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