

Signs of Psychosis: Psychosis is a form of reality distortion that can involve delusions and hallucinations. Psychotic individuals may be frightened by their own thoughts and feelings. Psychotic disorders often involve altered behavior, changes in sleep patterns, and in personal hygiene.

External signs of psychosis can include:

- Withdrawal and apathy
- Slow speech and delayed responses
- Staring gaze
- Associating heavily and appearing incoherent and erratic in their thought process
- Believing that many things, even neutral statements, are about them
- Difficulty expressing what they think and experience, and showing little emotion

How to relate to a person with psychosis: You should try to adjust your behavior to the individual. For example, if the person avoids eye contact, respect that.

Here are some tips that may help:

- Be aware of escape routes and do not put yourself in a position where the person can block the door. Otherwise, let the person move freely.
- Do not touch the person without permission.
- If the person does not want to talk to you, do not force conversation.
- Stay calm and speak in a normal voice.
- Avoid confrontation, don't speculate on diagnoses. Avoid sarcasm or patronizing remarks.
- Express a desire to help and mention that their behavior worries you.
- Let the person control the pace and form of the conversation and allow them to talk about their experiences and opinions. You can say that you see things differently and ask if they want you to contact someone who can help.
- If the person seems scared, ask what might help them feel safer.
- Be honest and do not promise anything you cannot keep.
- Assume that the person understands what you are saying even if their responses are limited.
- Ask for permission to discuss certain topics: "Is it okay if I ask how you are doing?"
- Give the person choices: "Shall we go out this or that door?"

If the situation becomes threatening Take all threats or warnings seriously and never put yourself in danger. If you become frightened, seek help quickly:

- Remove yourself from the situation.
- Call the police at 112.
- Explain that you think the person may be psychotic or manic.

Not an emergency? If you suspect psychosis but it is not an acute situation, you can call TIPS (Early Detection and Intervention in Psychosis) at 51 51 59 59 (NO) to speak with a psychiatric nurse. The phone line is staffed between 08:00 and 15:00 on weekdays.

You can also call the emergency medical service (116 117) (NO), which can contact the acute mobile team or ambulance (113). When contacting healthcare services, explain the behavior, symptoms, and the situation the person is in.