

Psychosis

Psychosis is an umbrella term that describes conditions that affect the mind, where there has been a distortion of reality, involving hallucinations, delusions or thought disorder. It can occur as part of a mental health condition or as a result of drug use, stress or injury. Psychosis usually first emerges in young people between the ages of 15 and 30 and most recover fully.

Schizophrenia

A psychotic illness in which changes of behaviour and symptoms have been present for over 6 months.

Bipolar disorder

Used to be known as manic depression. Affects a person's mood. Episodes of depression and mania which often gets misdiagnosed as depression.

Symptoms might include depression, irritability, suspiciousness, changes in thinking, sleep disturbance, social isolation.

If you are concerned about a cadet then you should follow the Safeguarding Referral Process and speak with the unit or force safeguarding lead. However in terms of Psychosis, medical intervention is usually the only way to help a young person.

For more information please contact the [National Safeguarding Manager](#) who is also a trainer in youth mental health first aid and will be able to provide more guidance and information.

Useful Resources

Rethink Mental Illness: www.rethink.org
Hearing Voices Network: www.hearing-voices.org
BipolarUK: www.bipolaruk.org

Useful Apps

EMoods Bipolar Mood Tracker: An app to help users track their moods, medication, sleep and other common symptoms