



C **O** **N** **F** **U** **S** **E** **D**

Or is it a sign of something else?

1 in 4 young people will experience a mental health problem, such as **psychosis**.

Signs include:

- > Finding it more difficult than usual to cope with work or study
- > Difficulty relating to family and friends
- > Seeing and hearing things that others can't
- > Strange or unusual ideas that aren't based on reality

Getting help early is a key to successful treatment.

To find out how you can help someone get on top of psychosis, call **1300 73 22 11** or visit **www.getontop.org**

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the compass strategy

get on top of it, before it gets on top of you