

**the
compass
strategy**
get on top of it, before
it gets on top of you

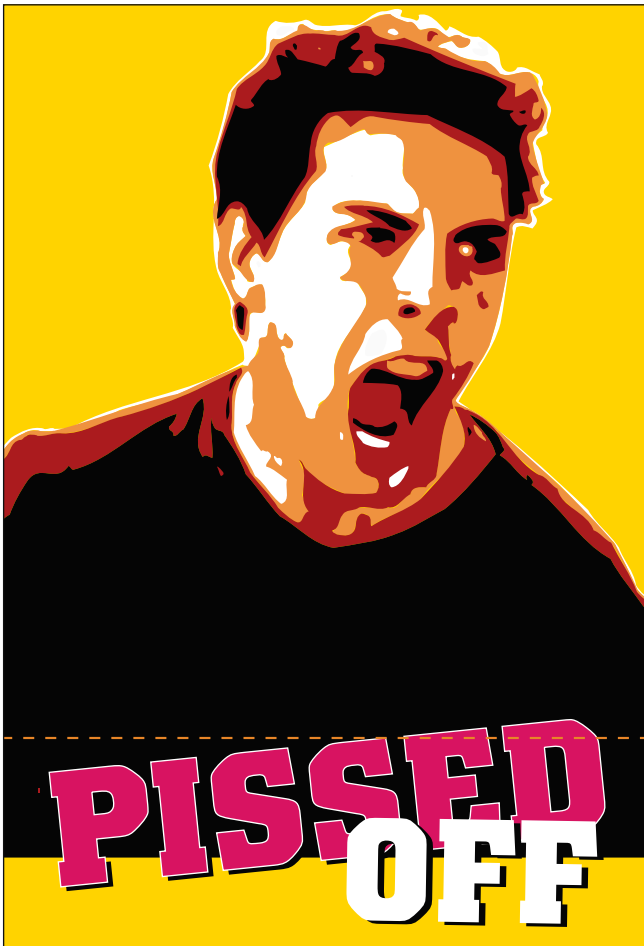
Finding it more difficult than usual to cope with work or study can be an **early sign of psychosis**.


Other signs include:

- > Difficulty relating to family and friends
- > Seeing and hearing things that others can't
- > Strange or unusual ideas that aren't based on reality

1 in 4 young people will experience a mental health problem, such as psychosis. Getting help early is a key to successful treatment.

To get on top of depression and psychosis call
1300 73 22 11
 or visit www.getontop.org





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Feeling irritable most of the time can be an **early sign of depression**.

Other signs include:

- > Feeling down most of the time
- > Loss of interest or pleasure in life
- > Difficulty coping with study or work

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Example of Compass Postcards