CLÍNICA VIVALDI · FREE SHEET · SCHIZOPHRENIA SPECTRUM AND PSYCHOSIS

Brief psychotic disorder

Sudden onset of psychotic symptoms lasting between one day and one month, with complete return to previous functioning. Sometimes it's triggered by intense stress or postpartum.

COMMON SIGNS

- Sudden onset of confusion, delusions or hallucinations
- Very disorganised behaviour
- Often follows a very stressful event

TIPS FOR YOU

1. Go to A&E or call 112 if there is any risk
2. After recovering, have follow-up with mental health services
3. Work on managing stress to prevent relapse

FOR FAMILY AND FRIENDS

1. Stay with the person and speak calmly
2. Go to A&E: this situation needs medical assessment

WHEN TO ASK FOR HELP

1. If there is a risk of self-harm: 112
2. If it happens after giving birth: go to A&E immediately

CHECKLIST OF WARNING SIGNS

☐ Suddenly says things that make no sense or are very strange

☐ Hears or sees things others don't perceive

☐ Is very confused or disoriented

☐ Is behaving very differently from usual

☐ Has recently been through a very stressful event

☐ Doesn't recognise that anything is wrong

☐ Is very agitated or frightened

☐ The changes appeared within hours or a few days

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-psicotico-breve
- Confederación SALUD MENTAL ESPAÑA (Spanish mental health confederation): https://consaludmental.org/
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112