

Understanding SMI

Learn about serious psychiatric disorders that can put individuals at risk if left untreated.

What is SMI?

Severe mental illnesses are conditions that include psychosis, such as:

- Schizophrenia spectrum disorders
- Bipolar 1 disorder
- Major depressive disorder with psychosis

What can cause psychosis?

- Substance use, including cannabis and alcohol
- Family history
- Medical causes: Lyme disease, epilepsy, tumors, autoimmune diseases, and infections
- Changes in the brain with unidentified cause

[Click Here](#)

TAC's resource provides more information about psychosis symptoms and treatments.

How is psychosis treated?

[Click Here](#)

TAC's resource describes a range of inpatient and outpatient options.

[Click Here](#)

TAC's Bipolar Disorder Fact Sheet offers guidance specific to that diagnosis.

[Click Here](#)

TAC's Schizophrenia Fact Sheet offers guidance specific to that diagnosis.

[Click Here](#)

TAC's resource includes a medication log and information about a range of therapies.

Early episode psychosis

[Click Here](#)

TAC's resource explains the importance of early intervention for SMI.

[Click Here](#)

Find a program in your area.

Video resources:



[Psychosis and Anosognosia](#)



[Accessing SMI Care](#)

What are features of psychosis?

Delusions:

- Persistent beliefs that are clearly implausible

Hallucinations:

- Sensory experiences that don't match reality

Disorganized thinking:

- Speech that's jumbled or hard to follow

Abnormal motor behavior:

- Unusual movements like agitation, rigidity, or lack of response

Negative symptoms:

- Withdrawal from social interaction, reduced expression and lack of motivation or pleasure

Note: Subtle versions of these symptoms may be present before a psychotic break.