

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

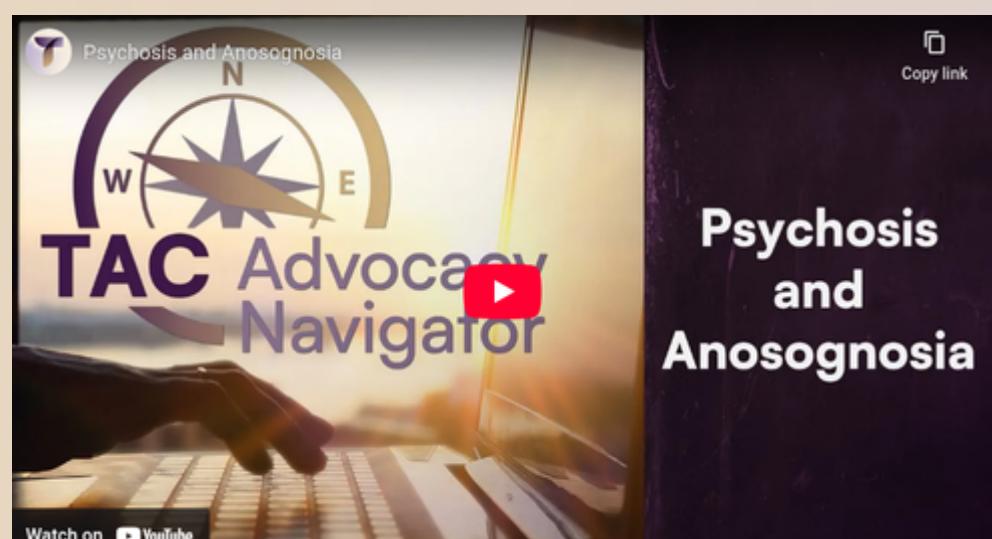
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TAC's resource explains the importance of early intervention for SMI.

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.