

How Are You Coping?

money
drugs
deadlines
pressure
work
alcohol
relationships
family
exams

Is the Pressure On?
Your brain can have many reactions to too much stress or drug use, such as psychosis, anxiety, or depression. If it's psychosis your brain can take a break from reality.

Approximately 3% of young people are affected by psychosis and it is often triggered by stress.

Sound like anyone you know?
Early intervention is key to recovery.

For more information visit:
www.psychosissucks.ca

