

Rehabilitation for adults with complex psychosis

Information for the public

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Mental health rehabilitation helps people recover from serious, long-term mental health problems. As well as specific treatments, rehabilitation services provide support to practise everyday living skills and care for any physical health problems. Rehabilitation also helps people gain confidence and work towards more independence. This can involve trying new activities, going to college or starting a job.

Most people who need mental health rehabilitation have some form of psychosis, such as schizophrenia, schizoaffective disorder or bipolar affective disorder. People with psychosis often hear voices and see or believe things differently from other people. When psychosis is complex, it means the usual treatments may not be working and the psychosis is having a major impact on the person's life. Often there are other mental health and physical health problems that also complicate the person's recovery. These severe and complex issues can lead to long stays in hospital.

With the right support, everyone with complex psychosis can benefit from rehabilitation – no matter how unwell they have been. We want this guideline to make a difference to people with complex psychosis and their families by making sure:

- rehabilitation is offered to people as soon as they need it
- more people are offered treatment and support in their home area
- each person's rehabilitation plan is led by goals they have chosen themselves
- people get a full range of support, not just with mental health but also physical health, healthy living, housing and work or education.

Making decisions together

Good rehabilitation support involves making decisions and planning care together. Your care team should always give you and your family or carers clear information, discuss different options with you and listen carefully to your views and concerns. They should also:

- find out what matters to you and help you set goals
- explain that each person recovers at their own rate, and setbacks are normal
- check often if you want your family or carers involved, and what information to share with them.

If you cannot understand the information you are given, tell a member of your care team.

Read more about [making decisions about your care](#).

Where can I find out more?

The [NHS website](#) has more information about psychosis.

The organisations below can give you more advice and support.

- [Bipolar UK](#), 07591 375 544 (peer support line)
- [Carers Trust](#), 0300 772 9600
- [Rethink Mental Illness](#), 0300 5000 927 (advice service)

NICE is not responsible for the content of these websites.

To share an experience of care you have received, contact your local [Healthwatch](#).

We wrote this guideline with people who have been affected by complex psychosis and staff who treat and support them. All the decisions are based on the best research available.

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