

# Mass Psychosis Is a Real Global Pandemic

Analysis by [Dr. Joseph Mercola](#) ✓ Fact Checked

## STORY AT-A-GLANCE

- › Mass psychosis is defined as “an epidemic of madness” that occurs when a “large portion of society loses touch with reality and descends into delusions”
- › We’re now in the middle of a mass psychosis, induced by relentless fearmongering coupled with data suppression and intimidation tactics
- › In the U.K., psychiatric referrals for first-time psychotic episodes increased 75% between April 2019 and April 2021
- › Rates of anxiety and depression worldwide increased dramatically in 2020. Estimates suggest the COVID pandemic resulted in an additional 76 million cases of anxiety and 53 million cases of major depressive disorder, over and above annual norms, with women and younger individuals being disproportionately affected
- › Mental health referrals among children have doubled in the U.K. since the start of the pandemic; 16% of children between the ages of 5 and 16 were diagnosed with a mental disorder in 2020, compared to 10.8% in 2017

**Mass psychosis is defined as “an epidemic of madness” that occurs when a “large portion of society loses touch with reality and descends into delusions.” The witch trials of the 16th and 17th centuries are a classic example. We’re now in the middle of another mass psychosis, induced by relentless fearmongering coupled with data suppression and intimidation tactics of all kinds.**

The 20-minute video above, “Mass Psychosis – How an Entire Population Becomes Mentally Ill,” created by After Skool and Academy of Ideas,<sup>1</sup> explains the tactics used to seed and nurture mental illness on a grand scale.

## **Fearmongering Breeds Insanity**

A number of mental health experts have expressed concern over the blatant panic mongering during the COVID-19 pandemic, warning it can have serious psychiatric effects. For example, in a December 22, 2020, article<sup>2</sup> in Evie Magazine, S.G. Cheah discussed the emergence of mass insanity caused by “delusional fear of COVID-19.”

*“Even when the statistics point to the extremely low fatality rate among children and young adults (measuring 0.002% at age 10 and 0.01% at 25), the young and the healthy are still terrorized by the chokehold of irrational fear when faced with the coronavirus,” Cheah wrote, adding:<sup>3</sup>*

*“Instead of facing reality, the delusional person would rather live in their world of make-believe. But in order to keep faking reality, they’ll have to make sure that everyone else around them also pretends to live in their imaginary world.*

*In simpler words, the delusional person rejects reality. And in this rejection of reality, others have to play along with how they view the world, otherwise, their world will not make sense to them. It’s why the delusional person will get angry when they face someone who doesn’t conform to their world view ...*

*It’s one of the reasons why you’re seeing so many people who’d happily approve the silencing of any medical experts whose views contradict the WHO or CDC guidelines. ‘Obey the rules!’ becomes more important than questioning if the rules were legitimate to begin with.”*

In a December 2020 interview (below), psychiatrist and medical legal expert Dr. Mark McDonald<sup>4</sup> also went on record stating “the true public health crisis lies in the widespread fear which morphed and evolved into a form of mass delusional psychosis.”

**“ We are now well beyond the first profound shocks of this crisis, and it’s deeply concerning that the number of [mental health] referrals remains so high. ~ Brian Dow, Deputy chief executive of Rethink Mental Illness”**

He went so far as to refer to the outside of his home or office as the “outdoor insane asylum,” where he must assume “that any person that I run into is insane” unless they prove otherwise.<sup>5</sup>

## **Reports of Psychotic Episodes Soar in Great Britain**

Now, after some 19 months of abnormal “pandemic life,” the data are starting to reflect McDonald’s fears. For example, in the U.K., psychiatric referrals for first-time psychotic episodes have skyrocketed. As reported by The Guardian, October 17, 2021:<sup>6</sup>

*“Cases of psychosis have soared over the past two years in England as an increasing number of people experience hallucinations and delusional thinking amid the stresses of the Covid-19 pandemic.*

*There was a 29% increase in the number of people referred to mental health services for their first suspected episode of psychosis between April 2019 and April 2021, NHS data<sup>7</sup> shows. The rise continued throughout the spring, with 9,460 referred in May 2021, up 26% from 7,520 in May 2019.*

*The charity Rethink Mental Illness is urging the government to invest more in early intervention for psychosis to prevent further deterioration in people’s mental health from which it could take them years to recover.*

*It says the statistics provide some of the first concrete evidence to indicate the significant levels of distress experienced across the population during the pandemic.”*

## **Psychosis Takes a Heavy Toll on a Person's Life**

Deputy chief executive of Rethink Mental Illness, Brian Dow, commented on the findings:<sup>8</sup>

*“Psychosis can have a devastating impact on people’s lives. Swift access to treatment is vital to prevent further deterioration in people’s mental health which could take them years to recover from. These soaring numbers of suspected first episodes of psychosis are cause for alarm.*

*We are now well beyond the first profound shocks of this crisis, and it’s deeply concerning that the number of referrals remains so high. As first presentations of psychosis typically occur in young adults, this steep rise raises additional concerns about the pressures the younger generation have faced during the pandemic.*

*The pandemic has had a game changing effect on our mental health and it requires a revolutionary response. Dedicated additional funding for mental health and social care must go to frontline services to help meet the new demand, otherwise thousands of people could bear a catastrophic cost.”*

According to a spokesperson for the British Department of Health and Social Care, the agency will expand the NHS mental health services budget by £2.3 billion (\$3.1 billion) per year by 2023/2024. They’ve also added £500 million (\$691 million) to the 2021 budget to provide services to those hit hardest by pandemic measures.<sup>9</sup>

## **Anxiety and Depression Have Increased Dramatically Worldwide**

Another study,<sup>10,11</sup> looking at the rates of anxiety and depression worldwide, found both conditions increased dramatically in 2020. The researchers estimate the COVID pandemic resulted in an additional 76 million cases of anxiety and 53 million cases of major depressive disorder, over and above annual norms, with women and younger individuals being disproportionately affected. According to The Guardian:<sup>12</sup>

*“... the team estimate there were 246m cases of major depressive disorder and 374m cases of anxiety disorders worldwide in 2020, with the figure for the former 28% higher, and for the latter 26% higher, than would have been expected had the crisis not happened.*

*About two-thirds of these extra cases of major depressive disorder and 68% of the extra cases of anxiety disorders were among women, while younger people were affected more than older adults, with extra cases greatest among people aged 20-24.”*

Lead author Damian Santomauro, Ph.D., of the University of Queensland told The Guardian:<sup>13</sup>

*“We believe [that] is because women are more likely to be affected by the social and economic consequences of the pandemic. Women are more likely to take on additional carer and household responsibilities due to school closures or family members becoming unwell.*

*Women also tend to have lower salaries, less savings, and less secure employment than men, and so are more likely to be financially disadvantaged during the pandemic. Youth have been impacted by the closures of schools and higher education facilities, and wider restrictions inhibiting young people from peer interactions.”*

Increased prevalence of domestic violence may also be a contributing factor that places women at increased risk of mental problems, while young adults are more likely to become unemployed.

## **Massive Rise in Mental Health Problems in Children**

Children are bearing a particularly heavy burden as adults succumb to irrational fears. It's not surprising then that mental health referrals for children have nearly doubled in the U.K. since the start of the pandemic.<sup>14</sup> According to British authorities, 16% of children between the ages of 5 and 16 were diagnosed with a mental disorder in 2020,

compared to 10.8% in 2017.<sup>15</sup> As noted in a September 23, 2021, press release by the Royal College of Psychiatrists:<sup>16</sup>

*“Eighteen months after the first lockdown and after warnings from the mental health sector about the long-lasting mental health impact of the pandemic, the Royal College of Psychiatrists’ analysis of NHS Digital data found that:*

- *190,271 0–18-year-olds were referred to children and young people’s mental health services between April and June this year, **up 134%** on the same period last year (81,170) and 96% on 2019 (97,342).*
- *8,552 children and young people were referred for urgent or emergency crisis care between April and June this year, **up 80%** on the same period last year (4,741) and up 64% on 2019 (5,219).*
- *340,694 children in contact with children and young people’s mental health services at the end of June, **up 25%** on the same month last year (272,529) and up 51% on June 2019 (225,480).”*

Eating disorders are also more prevalent than ever, and the rapid increase has left many children waiting months for treatment – delays that could have life-threatening consequences – as facilities are at capacity. The press release quotes a mother whose teenage daughter relapsed into anorexia during the pandemic:<sup>17</sup>

*“The pandemic has been devastating for my daughter and for our family. She has anorexia and was discharged from an inpatient unit last year, but the disruption to her normal routines and socializing really affected her recovery. She was spending a lot less time doing the things she enjoys and a lot more time alone with her thoughts.*

*Unfortunately, she relapsed, becoming so unwell she was admitted to hospital and sectioned. After 72 days in hospital with no specialist eating disorder bed becoming available, we brought her home where I had to tube feed her for 10 weeks.*

*My daughter urgently needed specialist help for this life-threatening illness, but services are completely overwhelmed because so many young people need help. It's a terrifying situation for patients and families to be in."*

## **Mass Delusional Psychosis Traumatizes Children**

Indeed, the widespread insanity on display among adults can have severe and lasting effects on children as they grow up. According to McDonald (see interview above), the mental states of the children he's treated during this pandemic are far worse than he's used to seeing in these age groups. This tells us the trauma inflicted by pandemic measures is very serious.

One of the worst traumas inflicted on children has been the ridiculous idea that they might kill their parents or grandparents simply by being around them. They're also being taught to feel guilty about behaviors that would normally be completely normal – as just one example: hysterical adults calling a toddler who refuses to wear a mask a “brat,” when resisting having a restrictive mask put across your face is perfectly normal at that age.

It's extremely abnormal for children to grow up thinking that they're a danger to people around them, and that everyone around them is a danger to them. It's completely abnormal to grow up thinking that facemasks, gloves and physical separation are required to stay alive.

Adults have also twisted irrational fear into a virtue, which is doubly tragic and wrong. Wearing a mask has become a way to demonstrate that you're a “good person,” someone who cares about others, whereas not wearing a mask brands you as an inconsiderate lout, if not a prospective mass murderer, simply by breathing.

What's more, by encouraging us to remain in fear and allow it to control and constrain our lives, the fear has become so entrenched that anyone who says we need to be fearless and fight for our freedoms is attacked for being both stupid and dangerous.

## **Adults Must Be Healed to Save the Children**

It's adults who are mindlessly inflicting this emotional trauma on an entire generation. As noted by McDonald in his interview, a primary cause of depression among children is feeling disconnected from family and friends.

Everyone, but children in particular, needs face-to-face contact, physical contact, and emotional intimacy. We need these things to feel safe around others and within our own selves. Digital interactions cannot replace these most basic human needs, and are inherently separating.

McDonald cites U.S. Centers for Disease Control and Prevention statistics showing there was a 400% increase in adolescent depression during 2020 compared to the year before, and in 25% of cases, they contemplated suicide. These are unheard of statistics, he says. Never before have so many teenagers considered committing suicide.

According to McDonald, parents and adults in general are to blame, because they are the ones scaring children to the point they don't feel life is worth living anymore. This is why we can't just treat the children. We must also address the psychosis of the adult population that is causing all this trauma.

## **Mass Delusion Is Leading Us Into Slavery**

The mass delusion must also be addressed because it's driving us all, sane and insane alike, toward a society devoid of all previous freedoms and civil liberties, and the corrupt individuals in charge will not voluntarily relinquish power once we've given it to them.

Clearly, many of our political leaders know COVID-19 isn't the deadly plague it's been made out to be. They issue stay-at-home orders from their vacation homes in the Caribbean and repeatedly break their own mask and lockdown mandates.

They ride their bikes, stroll through the park, have family gatherings and dine out without a care. They're simply playing along, following the narrative coming from technocratic strongholds like the World Health Organization, because it benefits them.



You could say the ruling class suffers from a different kind of psychosis. As explained in “Mass Psychosis – How an Entire Population Becomes Mentally Ill,” totalitarianism actually begins as psychosis within the ruling class, as the individuals within this class are easily enamored with delusions that augment their power. And no delusion is greater than the delusion that they can, and should control and dominate others.

Whether the totalitarian mindset takes the form of communism, fascism or technocracy, a ruling elite that has succumbed to their own delusions of grandeur then sets about to indoctrinate the masses into their own twisted worldview. All that’s needed to accomplish that reorganization of society is the manipulation of collective feelings.

Sadly, many citizens are unwittingly aiding and abetting the global power grab that will result in our enslavement. Fear fueled hysteria, which led to mass delusional psychosis and group control where citizens themselves support and press for the elimination of basic freedoms.

There’s no doubt at this point that a totalitarian society is the ultimate end of this societal psychosis unless we do something about it. The truth is, we’re as safe now as we ever were. We must not allow our freedoms to be taken from us due to delusional fears. As noted by Cheah in her article:<sup>18</sup>

*“It’s not unthinkable that the final outcome would be total societal control on every aspect of your life. Consider this – the endpoint of a mentally ill person is for them to be put under a controlled environment (institutionalized like an asylum) where all freedoms are restricted. And it’s looking more and more like that’s the endpoint of where this mass psychosis is heading.”*

## **We Must Restore Sanity**

Once a society is firmly in the grip of mass psychosis, totalitarians are free to take the last, decisive step: They can offer a way out, a return to order. The price is your freedom. You must cede control of all aspects of your life to the rulers, because unless they are granted total control, they won’t be able to create the order everyone craves.

This order, however, is a pathological one, devoid of all humanity. It eliminates the spontaneity that brings joy and creativity to one's life by demanding strict conformity and blind obedience. And despite the promise of safety, a totalitarian society is inherently fearful. It is built on fear, and is maintained by it too. So, giving up your freedom for safety and a sense of order will only lead to more of the same fear and anxiety that allowed the totalitarians to gain control in the first place.

Knowing this, we must remember to embrace courage, truth, honesty and freedom as we move forward – not just in our thoughts and words but also in our actions. People cannot think logically when in a state of delusional psychosis, which is why sharing information, facts, data and evidence tends to be ineffective except in cases where the person was acting out of peer pressure rather than a delusional belief.

Typically, the best you can do is stand firm and act in alignment with truth and objective reality, much like you would if you were a first responder faced with an accident victim who is responding hysterically to what you know is only a minor injury.

In short, to help return sanity to an insane world, you first need to center yourself and live in such a way as to provide inspiration for others to follow – speak and act in such a way as to demonstrate that you are not afraid to live life and return to normalcy.