Accessing Services
How to get help for yourself or a loved one

## **WHAT IS PSYCHOSIS?**

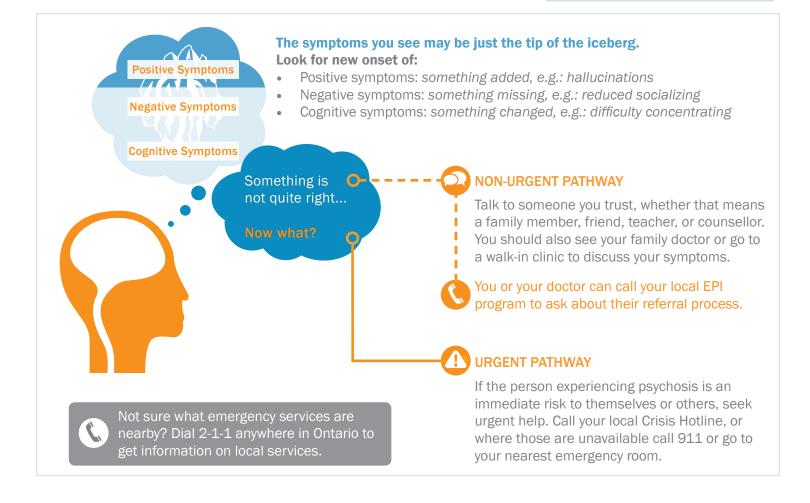
The term "psychosis" describes conditions that affect the mind, causing a **loss of contact with reality** or trouble deciding what's real and what's not. Common symptoms of psychosis include **hallucination** (sensing things that aren't there), **delusions** (false beliefs), **paranoia**, or disorganized thoughts and speech.

## 🚺 WHEN TO GET HELP

Reach out to an early intervention program **as early as possible** to start treatment and avoid hospital admissions. With **early intervention**, a full recovery from psychosis is possible.

## WHERE TO GO

Early psychosis intervention services are available **everywhere in Ontario**. A full list of programs and service sites is available at **help4psychosis.ca**. Outside Ontario, a list of programs worldwide can be found at **iepa.org.au/services** 



## Help is available. Go to help4psychosis.ca to find your local Early Psychosis Intervention Program.



EPI ON EARLY PSYCHOSIS INTERVENTION ONTARIO NETWORK

The Early Psychosis Intervention Ontario Network (EPION) is a network of specialized service providers, clients, and their families. Our goal is to provide early treatment and support to all Ontarians dealing with psychosis.