## The ANATOMY of FIRST EPISODE PSYCHOSIS

Disorganized thoughts and speech.

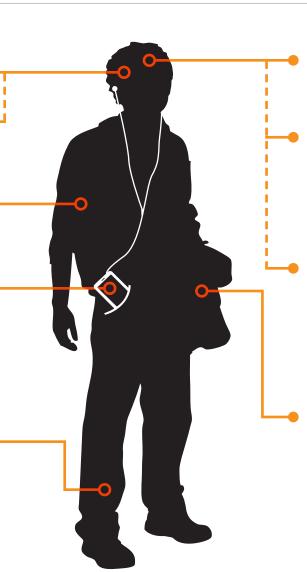
Seeing, hearing, smelling, tasting, and feeling things that other people are not.

Lack of interest in caring for self (eg, showering, eating, hygiene)

Overpersonalizing events, songs, TV, and social media (eg, special meaning directed at that person)

Changes in Body Movement

- Slow movements or lack
  of movement
- Sitting and staring blankly for long periods of time
- Restlessness or agitation



Changes in Mood

 Anxiety, depression, irritability.

Changes in Thinking

- Suspiciousness
- Lack of motivation
- Difficulty differentiating between what is real and not real

Changes in Behaviour

- Social withdrawal
- Sleep disturbance

 Change in the participation in usual activities and responsibilities

Changes in academic functioning

- Slower response time
- Decreased attendance
- Increased lateness
- Decreased participation
- Incomplete work
- Lower work quality

## POSITIVE SYMPTOMS

**COGNITIVE SYMPTOMS** 

## LOOK BEYOND THE SURFACE.

If any of these are interfering or blocking what you want to do, contact your family physician or your local Early Psychosis Intervention program.

**POSITIVE SYMPTOMS:** Something ADDED.

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- Hallucinations
- Delusions (false beliefs)
- Disorganized thoughts
  and speech

**NEGATIVE SYMPTOMS:** Something MISSING.

- Apathy
- Reduced socializing
- Restricted facial expression
- Change in rate of speech

**COGNITIVE SYMPTOMS:** Something CHANGED.

 Difficulties with attention, concentration, memory, planning, and organization

## Help is available. Go to www.epion.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.