



# EARLY PSYCHOSIS INTERVENTION

## 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 **hallucinations**, **delusions** (false beliefs), **paranoia**, or disorganized thoughts and speech.



**Psychosis is a symptom.**

Like a fever or a cough; psychosis is not a diagnosis.

## WATCH FOR



### Stress Vulnerability.

When stress increases, youth are more likely to experience psychosis.

### Changes in Mood

Anxiety, depression, irritability.

### Changes in Thinking

Suspiciousness, amotivation, difficulties with memory and concentration.

### Changes in Behaviour

Social withdrawal, sleep disturbance, decline in role functioning.

## REMEMBER

### POSITIVE SYMPTOMS

### NEGATIVE SYMPTOMS

### COGNITIVE SYMPTOMS

### Look beyond the surface.

Positive symptoms are just the tip of the iceberg.

### Dispel Myths and Stigma

Stay informed, open-minded, and non-discriminating.

### It Can Happen to Anyone

Psychosis is most common in young adults. Most make a full recovery.

### Watch Your Language

Banish hurtful words like “crazy” and “psycho”.

## WHAT TO DO

To find a service, visit [www.epion.ca](http://www.epion.ca)



### Don't Dismiss.

Don't dismiss behavioural changes as a part of adolescence.

### Play it Safe

Take family concerns seriously!

### Make a Referral

When the youth and family are ready, refer to local services.

### Keep the Door Open

Your responsibility does not end with referral. Ongoing support is essential to recovery.

Help is available. Go to [www.epion.ca](http://www.epion.ca) to find your local Early Psychosis Intervention Program.

