



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



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 to find your local Early Psychosis Intervention Program.

