

Psychosis – What You Need to Know and Where to Find Help

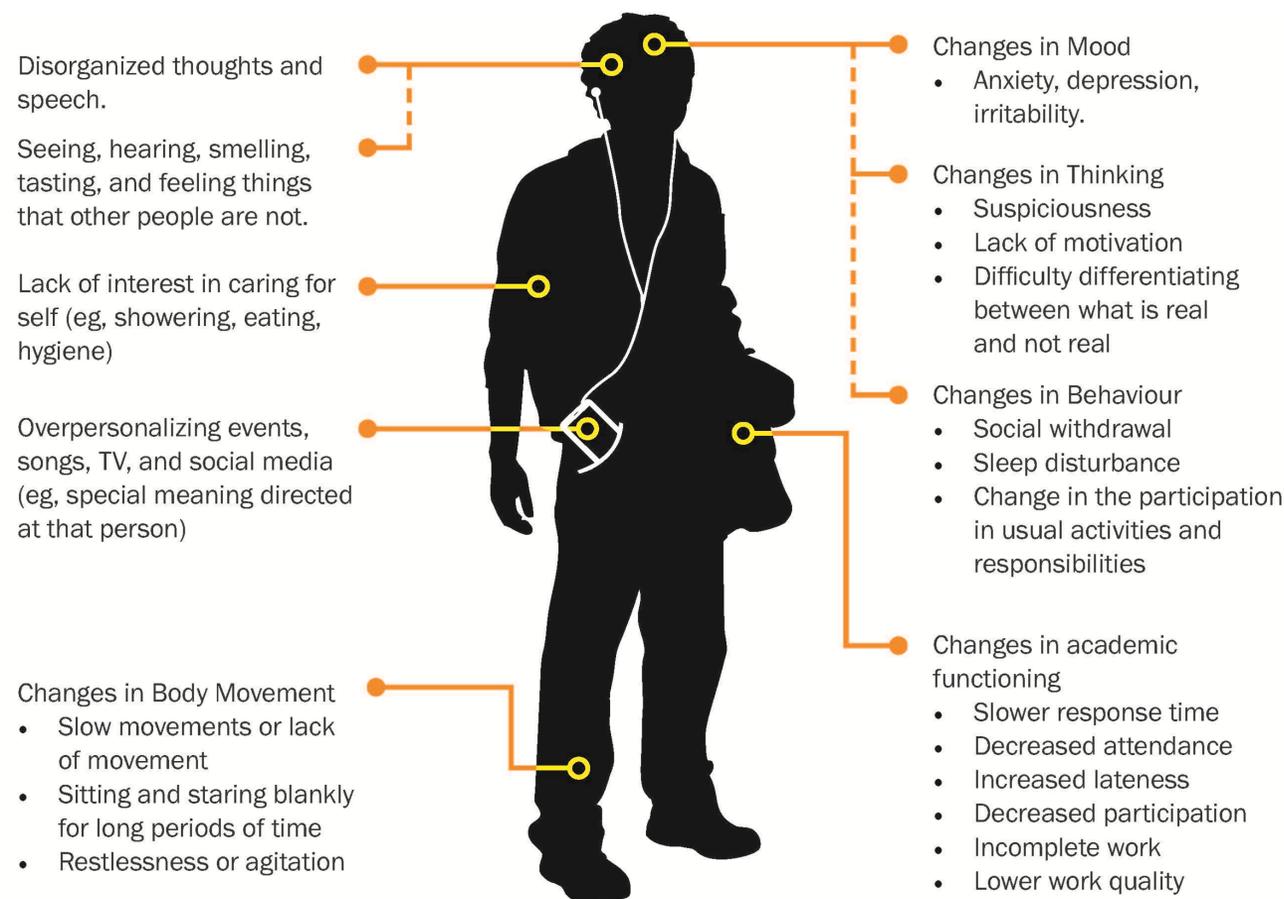
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Psychosis is about as common as insulin dependent diabetes (lifetime risk of psychosis is **3 in 100**).
Psychosis usually begin between ages 16 – 30, and 5% are aged 15 or less.

EPI Services Offer:

- Early detection, education, training, and quick access to services
- Comprehensive assessment
- Individualized Treatment: Intensive follow-up typically up to 3 years
- Medical care including medication and physical health monitoring
- Access to multidisciplinary care
- Psychosocial supports (CBT, stress management, social support, independent living skills, peer support)
- Family education and support
- Research and public education

Anatomy of Psychosis



Collaborating with Primary Care

- Regular communication with primary care
- EPI services provided across Ontario and guided by provincial standards of care
- EPI programs aim to contact the client within 72 hours; arrange assessment within 2 weeks
- EPI services are typically provided up to 3 years
- Enhance primary care's understanding of psychosis through education and collaboration, e.g. management of physical health risks caused by psychosis
- Client care can often be transferred back to primary care through a collaborative process

For more information or to find your local program, visit www.help4psychosis.ca