



# 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](http://help4psychosis.ca). Outside Ontario, a list of programs worldwide can be found at [iepa.org.au/services](http://iepa.org.au/services)

**The symptoms you see may be just the tip of the iceberg.**  
**Look for new onset of:**

- Positive symptoms: *something added, e.g.: hallucinations*
- Negative symptoms: *something missing, e.g.: reduced socializing*
- Cognitive symptoms: *something changed, e.g.: difficulty concentrating*

Positive Symptoms  
 Negative Symptoms  
 Cognitive Symptoms

Something is not quite right...  
 Now what?

**NON-URGENT PATHWAY**  
 Talk to someone you trust, whether that means a family member, friend, teacher, or counsellor. You should also see your family doctor or go to a walk-in clinic to discuss your symptoms.

You or your doctor can call your local EPI program to ask about their referral process.

**URGENT PATHWAY**  
 If the person experiencing psychosis is an immediate risk to themselves or others, seek urgent help. Call your local Crisis Hotline, or where those are unavailable call 911 or go to your nearest emergency room.

Not sure what emergency services are nearby? Dial 2-1-1 anywhere in Ontario to get information on local services.

Help is available. Go to [help4psychosis.ca](http://help4psychosis.ca) to find your local Early Psychosis Intervention Program.

