



# Family Guidance

## How to support a loved one to get help

### WHAT DO I DO IF MY LOVED ONE IS SHOWING SYMPTOMS?

If you think your loved one is experiencing symptoms of psychosis, connect them to an **early intervention program** services as soon as possible. This may be difficult, as some symptoms may get in the way of their willingness to get help. Family and close contacts often play a key role in their loved one feeling **ready to get help**.

### Resources

Here are some books we recommend to anyone wanting a more in-depth look at having difficult conversations about psychosis with their loved one:

**I'm Not Sick, I Don't Need Help.**  
X. Amador, 2007.

**A Toolkit of Motivational Skills: Encouraging and Supporting Change in Individuals.** C. Fuller & P. Taylor, 2010.

#### Resources in my community:

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### WHAT DO I SAY?

It's common for young people experiencing psychosis for the first time to be reluctant to get help. It can take some time for someone to come around to accepting help. Here are some approaches you can take.

#### Express empathy & understanding:

- "What I hear you saying is..."
- "Help me understand what your worries are."

#### Try to show how their behaviours don't mesh with their goals:

- "On one hand you're saying you want to meet people, but on the other you're not going out."

#### Convey hope and build off strengths:

- "I know things are hard right now, but things can and will get better."
- "Many people have been through this..."

#### Help support positive change towards their goals:

- "Where would you like your life to be in five years?"
- "Let's make a pros and cons list."

#### Work towards small steps:

- "Let's just try to get an assessment to try to figure out what's going on."

#### Avoid:

- nagging or threatening language.
- arguing about delusional beliefs.

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



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.