

## How can a person get into the EPI program?

Don't be afraid to ask for help for yourself, or for someone you know.

We welcome referrals from anyone. First, we connect by phone. We ask a number of questions to see if the EPI Program or another community service is the best option.

## EPI services

Our clinicians and psychiatrists work in the Fraser Health Adult Community Mental Health Centres and within the Ministry for Children and Family Development.

They are specially trained and experienced in working with and treating teens and young adults with psychosis, and their families. Our goal is to promote wellness, reduce social isolation, and restore health and functioning for people suffering with psychosis.



## Who do you call?

Call the EPI Program in your community if you notice any of these signs in yourself or someone you know:

- Unusual changes in thinking or behaviour
- Social isolation
- Feelings of suspiciousness, depression, or anxiety

White Rock, Langley, Delta, Surrey

**604-538-4278**

Burnaby, Tri-Cities, Maple Ridge, New Westminister

**604-777-8386**

Chilliwack, Abbotsford, Mission, Agassiz, Hope

**1-866-870-7847**

After hours? Leave us a message.

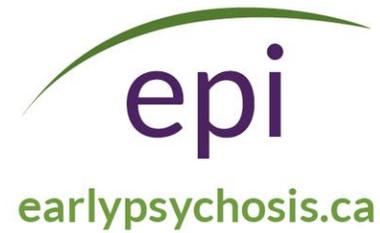
**Get help at [Earlypsychosis.ca](http://Earlypsychosis.ca)**



**Earlypsychosis.ca**

[www.fraserhealth.ca](http://www.fraserhealth.ca)

Catalogue #264960 (January 2022)  
To order visit: [patienteduc.fraserhealth.ca](http://patienteduc.fraserhealth.ca)



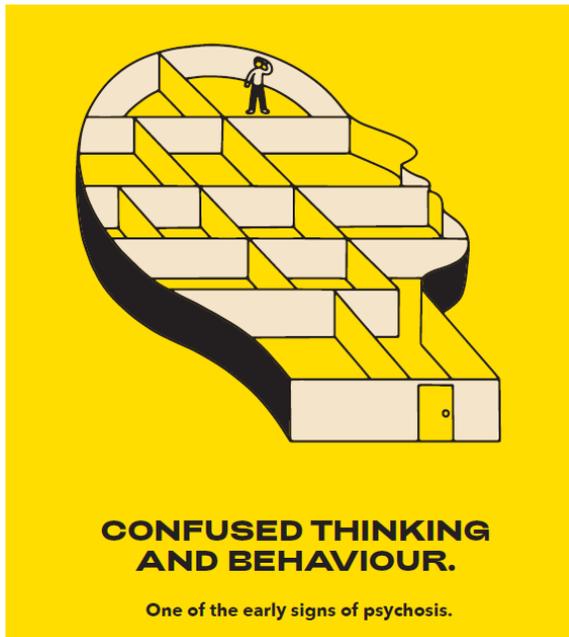
**Maybe things just don't seem right to you...maybe someone you know is not acting like they used to...**

**It may be psychosis – and we can help!**



**Time Counts.  
Treat Psychosis Early.**





## What is psychosis?

When a person has difficulty coping, they express it in different ways. Anxiety, depression, or stress are often signs of difficulty. However, psychosis can also be a sign.

'Psychosis' is a medical condition affecting the brain. The mind is mixed up between what is real and what is a dream or fantasy. A person sees and feels things that are not real. It can seem so real that the person might not even realize that they are experiencing psychosis.

## Symptoms of psychosis

- Seeing, hearing, or feeling things that are not there (hallucinations)
- Beliefs that are clearly false (delusions)
- Extreme and unreasonable mistrust of others (paranoia)
- Disorganized thoughts and speech

Not everyone with psychosis experiences the same symptoms. About 3 of 100 (3%) people will have an episode of psychosis at some stage in their life. The first episode usually happens in the teen years or as a young adult. Men and women from all cultures and all social classes can experience psychosis.

- For many people, the first episode is also the last.
- Treatment is most effective when started as soon as possible.
- The key to successful recovery is early intervention.

## What is 'EPI'?

**EPI stands for Early Psychosis Intervention.**

Our EPI Program helps people spot the signs of psychosis early so that the person can be supported and treated as soon as possible.



## Who is this EPI program for?

Anyone who is aged 13 to 30 years old, and ...

- Experiencing a first episode of psychosis or have a suspected psychosis.
- Has a family history of psychosis and are experiencing a recent decline in their ability to function at school, work, or home.
- Anyone who is a family member of the person describe above.

