

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

Our services are for individuals and their families.

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.

We aim to promote wellness, reduce socially isolating behavior, and restore previous levels of functioning for people suffering with psychosis.

Our services also include group sessions offered in various locations led by group therapists. The groups are a safe place to meet others who have been through similar experiences. During the sessions, you learn about psychosis through videos, presentations, written material, and group discussion.

Types of groups:

- youth groups
- young adult groups
- family education and support groups
- South Asian family education group (offered in Punjabi and Hindi)
- sibling education group
- family therapy
- peer recreational events

education and training

Professionals (such as teachers and counsellors) and community agencies who work with young people play a key role in the psychosis awareness, program referral, and ongoing support.

Our EPI Programs offer educational presentations, workshops, and information about psychosis, early detection, causes, referral, and treatment. We also provide tools and resources for ongoing support.

Contact the Educator at the EPI Program in your community.

fraserhealth.ca/earlypsychosis



psychosis
is treatable
get help early

Early Psychosis Intervention
Offering services and support to teens and young adults dealing with psychosis, and their families.



fraserhealth.ca/earlypsychosis
(goo.gl/cjg1jK)



www.fraserhealth.ca

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To order: patienteduc.fraserhealth.ca



I think I'm being followed or watched

I hear voices and no one is there

I find hidden messages aimed at me on TV, the radio and internet

I think there's a plot against me

I believe I have special abilities or powers

I go days with no sleep but feel totally energized

Sound familiar?
find out what's up

fraserhealth.ca/earlypsychosis

early intervention works

what is psychosis?

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

'Psychosis' is a medical condition affecting the brain. The mind gets 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 they are experiencing psychosis.

Symptoms of psychosis can include:

- 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 or all the symptoms. Symptoms can vary person to person and episode to episode.

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 get psychosis.

Psychosis can be passed down through generations or caused by a medical condition. It can also be triggered by substance abuse, substance withdrawal, or severe stress.

- ▶ 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'?

E P I stands for 'Early Psychosis Intervention'.

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

Our focus is to improve services for young people who are in the early stages of psychosis. Our program bridges between youth and adult mental health services, as well as between the hospital and community.

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 family member of the person described above

Please note: Even if the teen or young adult experiencing signs of psychosis is using drugs, they can still get help from the EPI Program.

how can a person get into the 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.



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 Westminster

604.777.8386

Chilliwack, Abbotsford, Mission, Agassiz, Hope

1.866.870.7847

After hours? Leave us a message.



fraserhealth.ca/earlypsychosis
(goo.gl/cjg1jK)