

## Early Intervention Works

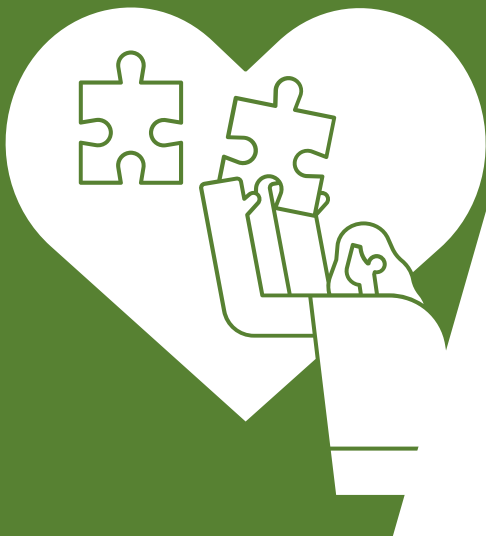
Psychosis can happen to anyone. It can feel lonely, scary, confusing, and overwhelming. **We can help.**

Our services are for individuals with psychosis and their families.

Our team is experienced in supporting people with first-episode psychosis. We aim to promote health, reduce social isolation, enhance positive coping skills, and support you to do what is important to you.

*Maybe things just don't seem right for you...*

*Maybe someone you know isn't acting like they used to...*



## Accessing Services

**Anyone** in the community may refer to EPI, including self-referrals from youth and young adults, or referrals from family or friends. Just give us a call.

You can also see your **family physician, nurse practitioner or walk-in doctor** and ask for a referral to EPI services.

For more information, call us to speak with a clinician who will assess the situation and offer support.



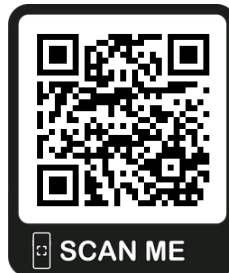
Call our referral line:  
**(250) 519-3856**  
to speak with an EPI Clinician

### Get in Touch!

Fax: (250) 519-3424

Instagram: @epi\_victoria

### Recommended websites:



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

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

<https://foundrybc.ca/victoria>

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



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PSYCHOSIS IS TREATABLE; DON'T  
BE AFRAID TO ASK FOR HELP



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## What is Psychosis?

Psychosis is a medical condition that affects the brain. It may be caused by vulnerabilities that people are born with. When that vulnerability is combined with a physical illness, stress, or drug use, it can trigger psychosis.

About 3 in 100 people will have an episode at some stage in their life. Not everyone with psychosis experiences the same symptoms.

Early treatment of psychosis can help to prevent more serious problems from developing. If psychosis is left untreated, it is likely to get worse.

## RECOVERY IS EXPECTED

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.

## Symptoms of Psychosis

- Seeing, hearing, or feeling things that are not there (Hallucinations)
- Persistent, unusual thoughts or beliefs that can't be set aside, regardless of what others believe (Delusions)
- Feeling increasingly uneasy and suspicious of people (Paranoia)
- Strong and inappropriate emotions, or no emotions at all
- Withdrawing from family and/or friends
- A sudden decline in self-care
- Trouble thinking clearly or concentrating
- Disorganized thoughts and speech

## Risk Factors

Certain factors place people at a higher than average risk for psychosis. Examples include:

- A family history of mental health problems
- Substance use, particularly cannabis use, starting before 25
- Limited family, school, or community engagements, leading to social isolation
- History of psychological trauma
- Past head injury

## EPI IS DESIGNED TO:

Allow for treatment to start as soon as possible.

Enhance people's ability to recognize the early signs and symptoms.

Educate the community about psychosis.

Help prevent future episodes of psychosis.

## What does EPI provide?

Clients work with a multi-disciplinary team, including a psychiatrist, nurse, social worker, psychologist, occupational therapist, counselor and peer worker.

The team provides, medical treatment of psychosis, emotional support, illness education, practical support with finances, housing, work and school, opportunities to gain skills, and relapse prevention strategies.

## Who is EPI for?

- People who are experiencing a first episode of psychosis and are between 13-35 years old
- Our program bridges between youth and adult mental health services as well as between hospital and community