

Treatment for psychosis

Treatment for psychosis involves medication, learning skills and getting support.

Medication

There are many different kinds of medication available to treat psychosis. These medications are called “antipsychotic medication”. There are too many of these medications to list them all here and it’s not important that you know them all. What is important that you know what specific medication you are taking.

Antipsychotic medication does two very important things

1. It gets rid of many of the symptoms of psychosis.
2. It helps to prevent psychosis from occurring again.

People who have had psychosis may sometimes be prescribed additional medications depending on the symptoms they have experienced. For example, “antidepressant” or “mood stabilizing” medication might be used for problems with mood.

Medication can cause side effects. Side effects are unwanted effects of the medication.

Some common side effects of antipsychotic medication include:

- * Feeling tired
- * Weight gain
- * Unwanted movements

The side effects are different for each different medication. Medication side effects also vary from person to person. One person may gain weight from a medication while another person taking the same medication may not.

Use the below table to list information about the medications you are taking. It is best to complete this with the psychiatrist who prescribes your medication.

My Medications			
Name of medication	Dose and times to take medication	Mild and common side effects <small>Report next time you see your health professional</small>	Serious side effects <small>Report to your health professional immediately</small>

Learning Skills

Learning new skills to help you manage psychosis is another part of treatment. Your EPI Clinician and other members of your EPI team will help you learn the skills you need to get better and stay well.

Skills to help manage psychosis

- Problem solving
- Goal setting
- Managing stress
- Dealing with symptoms
- Relapse prevention

Support

People do better in recovery from psychosis when they are supported. Your EPI Clinician and Psychiatrist are important sources of support for you at this time. Your family and close friends are other important sources of support.

Your family and close friends are invited to be part of your EPI team. They are welcome to attend sessions with you and there are EPI groups they can attend to help them learn how to best support you.