

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

EPI offers clinical services to individuals and their families. The program aims to promote wellness, reduce socially isolating behavior and restore previous levels of functioning.

EPI Clinicians and Psychiatrists work in the Youth and Adult Community Mental Health Centres. EPI Clinicians provide and coordinate all aspects of treatment, counseling, education, case management, support and referrals to adjunct services located in the community. EPI Psychiatrists offer assessment and medical treatment.

Group sessions are held in various locations and are facilitated by group therapists.

education and training

Professionals and community agencies that work with young people play an integral role in the awareness, program referral and ongoing support

The Fraser EPI Programs provide, educational presentations, workshops and information

earlypsychosis.ca



epi

Early Psychosis Intervention

psychosis is treatable

get help early

The Early Psychosis Intervention program offers clinical services and support to teens and young adults dealing with psychosis, and their families.



Info and resources:
earlypsychosis.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

earlypsychosis.ca

early intervention is effective

what is psychosis?

When people have difficulty coping, it can take various forms. Anxiety, depression, or stress can often be signs of difficulty. It could also be psychosis.

The word “psychosis” is used to describe conditions affecting the mind, in which there is some loss of contact with reality. It affects thoughts, feelings and behaviours.

Hallucinations (perceptual distortions of the senses), delusions (false beliefs), paranoia and disorganized thoughts and speech are symptoms of psychosis. These symptoms can seem so real that the person may not realize that they are experiencing psychosis.

Approximately 3% of people will have an episode of psychosis at some stage in their life, although a first episode usually occurs in adolescence or early adult life. Psychosis occurs across all cultures and levels of socioeconomic status and affects males and females.

There are multiple causes of psychosis, which can include inherited or acquired medical conditions, substance abuse or withdrawal, or exposure to severe stress.

Psychosis varies greatly from person to person. Individuals may have very different experiences or symptoms.

- ▶ Early intervention is key to a successful recovery
- ▶ Treatment is most effective when it is started early
- ▶ For many, the first episode is also the last

what is epi?

EPI stands for “Early Psychosis Intervention.”

The EPI Program is aimed at enhancing the recognition of early signs of psychosis so that effective support and treatment can be started as soon as possible.

The objective is to improve services for young persons who are in the early stages of psychosis. The program bridges youth and adult mental health services, as well as the hospital and community.

who can be referred to epi?

The program offers services for persons age 13 to 30 who:

- are experiencing a first episode of psychosis or have a suspected psychosis and/or
- have a family history of psychotic disorder and are experiencing a recent deterioration in function at school, work, or home

Please note that drug use does not disqualify from referral, when combined with the above criteria.

how are referrals made to epi?

We welcome referrals from anybody.

Initial contact is made by telephone to the EPI Intake Clinician who will gather details to determine if EPI intervention could be helpful.

Sometimes other services are recommended.



Who do you call for help?

Don't be afraid to ask for help, for yourself, or for someone you know. If you've noticed some unusual changes in thinking or behaviour, social isolation, and/or feelings of suspiciousness, depression or anxiety, contact your local EPI Program within Fraser Health:

Fraser South

White Rock, Langley, Delta, Surrey

604.538.4278

Fraser North

Burnaby, Tri-Cities, Maple Ridge, New Westminster

604.777.8386

Fraser East

Chilliwack, Abbotsford, Mission, Agassiz, Hope

1.866.870.7847



earlypsychosis.ca