

#EPICMINDS

HELPING YOU THROUGH PSYCHOSIS AND SUPPORTING YOUR RECOVERY



EARLY INTERVENTION IN PSYCHOSIS (EIP):
SUPPORTING YOU TO GET BACK ON TRACK
AFTER A FIRST EPISODE OF PSYCHOSIS.

[EPICMINDS.CO.UK](https://epicminds.co.uk)





WELCOME TO THE EARLY INTERVENTION IN PSYCHOSIS SERVICE

EPIC MINDS is an awareness campaign, set up by the Early Intervention in Psychosis (EIP) team to help care for and treat people who are experiencing psychotic symptoms.

WHAT IS PSYCHOSIS?

Psychosis is a mental health condition that may mean you see the world around you in a distorted way. Psychosis can cause you to lose contact with reality and, during your period of illness, you may perceive things differently from people around you.

PSYCHOSIS AFFECTS 1 TO 3% OF THE POPULATION

We provide information and support to help you through psychosis and get you back on track. If you have experienced psychosis, you'll know it can be exhausting and difficult to cope with. Not only does it make working, studying or even doing things you enjoy difficult or impossible, it can affect your family and friends too.

YOU ARE DEFINITELY NOT ALONE

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WHAT IS THE EARLY INTERVENTION IN PSYCHOSIS SERVICE?

Early Intervention in Psychosis is a community service providing specialist treatment for people from all walks of life with psychotic symptoms. If you've experienced your first episode of losing contact with reality, it's vital that you are referred to the Early Intervention in Psychosis team quickly – ideally within two weeks. We support you to reduce the distress associated with psychosis. Our teams include health and social care professionals who provide treatment and support to you, your family or carers.

How do I enter the Early Intervention in Psychosis service?

A range of professionals may refer you to the EIP team, including your doctor, teacher, social care worker or the justice system.

What happens? You will meet with a care coordinator, who'll put you at ease, find out more about your symptoms, explain the condition and discuss treatments available. They will then develop a care plan outlining your treatment and meet with you every one or two weeks, depending on your needs, for ongoing support for up to three years.

— YOUR JOURNEY TO RECOVERY —

These are some of the interventions you will be offered:



RECENT STUDIES SHOW 6 IN 10 PEOPLE WITH PSYCHOSIS GO ON TO HAVE NO FURTHER EPISODES WHEN HELPED BY EIP

“EIP has been the stepping stone I needed to get my life back on track. The team have really helped me to step up and learn to manage my mental health issues. Even when I was really struggling they never gave up and that has really helped me to make something out of my life. I am now back at uni and enjoying it which is something I never thought I would be able to get back.”

OVER HALF OF PEOPLE UNDER AN EARLY INTERVENTION IN PSYCHOSIS SERVICE ARE HELPED BACK INTO WORK OR EDUCATION

Care coordinators are either a mental health nurse, occupational therapist, or social worker who will be the main point of contact for your health and social care needs. They will work collaboratively with you on a weekly-to-fortnightly basis to support you throughout your time in the service and help you understand and take control of your illness. A care coordinator will discuss your needs and goals and help you to make action plans (care plans) to meet these goals. They give the support you need to achieve them. This might be for housing, finances, training, managing your mood or encouraging healthy routines. The aim is to assist you so that you can live as independent a life as possible and have the same opportunities as everyone else.

Psychological therapists are trained to support you and help you understand and cope better with many kinds of problems. They can help you to move forward with your life in whatever ways are most important to you. They provide talking therapies that have a lot of evidence to support them, like Cognitive Behavioural Therapy (CBT). They might also see you for individual therapy, family therapy or in therapy groups or workshops.

Peer and Support Workers will support and empower you to continue building your life during or after an episode of psychosis. They meet with you and your family to work towards your goals to enhance your quality of life and enable you to continue moving forward with your life. These goals can be related to areas including, but not limited to: housing, benefits, socialising, physical health and wellbeing, education, hobbies, employment and volunteer work.

— WHAT IS A PSYCHIATRIST AND WHAT CAN THEY OFFER? —

A licensed psychiatrist is a medically qualified doctor who has specialised in mental health.

Most psychiatrists, like the ones in EIP, work as part of the team with other members to try to get to know you, understand your needs and support your recovery. The psychiatrist will offer to see you at an out-patient clinic or at your home if that is where you feel most comfortable.

The psychiatrist will either see you on their own or with another member of the team present and someone of your choice, such as a family member or friend. Psychiatrists are there to offer you information, advice and guidance on your illness and treatment options including therapy and medication. A psychiatrist is also able to prescribe medicines and give you information to help you decide on the best course of treatment, to promote earlier recovery.

When meeting a psychiatrist, or another member of the care team, you might want to ask about:

- ? How to make sense of your situation and experiences...
- ? Your care plan and how to get back on track...
- ? The available therapies and medication...
- ? What to do if your situation changes or in an emergency...
- ? Other support and help available through the EIP teams, local organisations and other networks...

If you would like to learn more about medications, please visit the Choice and Medication website at:

www.choiceandmedication.org

— WHAT OTHER TREATMENT WILL I BE OFFERED? —

1 SUPPORT FOR YOUR FAMILY

Family and friends can be a great source of comfort in difficult times, but receiving a diagnosis of psychosis can be as stressful for family and carers as the person themselves. In many cases, family help can significantly improve outcomes when they understand the experience of psychosis and can respond appropriately. The good news is that, where there is family support, relapse rates are reduced by 40%.

To help your family to better understand your condition and how they might be able to help you, we use an approach called behavioural family therapy, a practical skills-based intervention that usually lasts 10-12 sessions over six months. It provides information about your mental health issues and treatment and promotes positive communication, problem solving skills and stress management within your family. This might include recognising early signs of relapse and making a clear relapse plan as a family.

During this process, the needs of all family members are addressed and everyone is encouraged to identify and work towards their own goals. This is an individualised approach and is based on an assessment of your family's needs.

2 CBT FOR PSYCHOSIS

You may be offered individual Cognitive Behavioural Therapy, which involves one-to-one meetings with a therapist on a weekly or fortnightly basis. The length of your therapy is flexible, depending on what you are going through, and is typically six to nine months. However, it can be shorter than this. Therapy is a confidential space where you'll be able to work on any emotional and psychological problems you are experiencing; find new ways to cope, manage and move forward in your life; and set goals for the sessions.

3 EMPLOYMENT SUPPORT

If it is appropriate we will offer you support to help you to re-enter the workplace, or support you to get back to school, college or university.

EARLY INTERVENTION IN PSYCHOSIS REDUCES THE CHANCES OF BEING ADMITTED TO A MENTAL HEALTH HOSPITAL

4 DIET SUPPORT

Eating a healthy, balanced diet can make a real difference to your physical and mental health. It can help you stay at a healthy body weight and make you less likely to get some diseases. As well as eating a good variety of fresh fruits, vegetables, healthy carbohydrates, fish and meat, you need to balance the number of calories that you eat and drink with the calories you burn. We can support you if you'd like to know more about easy ways to get your '5-a-day' and a balanced food plate.

5 PHYSICAL HEALTH

We keep a close eye on your physical health and the effects of your medication through regular health checks for problems such as weight gain, diabetes, heart, lung or breathing problems. At least once a year we will take your weight, waist, pulse and blood pressure measurements and do blood tests, as well as reviewing your smoking, alcohol use and exercise habits. We run physical wellbeing clinics and provide home visiting services.

6 EXERCISE

Getting exercise, being active and getting some fresh air is vital for your mental and physical health. Some medications may make you feel more tired, but moderate exercise can help to improve your mood and general wellbeing. We have a gym referral scheme, where you get a reduced rate gym membership and sometimes extra support, like a gym buddy or personal trainer.

IF YOU ARE INTERESTED IN RECEIVING ANY OF THESE TREATMENTS, PLEASE LET YOUR CARE COORDINATOR KNOW.

#EPICMINDS

Information to help you through your experience of psychosis and support your recovery.

Psychosis is a treatable mental health condition that affects people from all walks of life. The earlier someone with psychosis is able to get help, the better the chances of recovery.

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USEFUL CONTACTS

CALM

The Campaign Against Living Miserably, helpline for men
0800 58 58 58 (Daily, 5pm-Midnight)
www.thecalmzone.net

Mind

Promotes the views and needs of people with mental health problems
0300 123 3393 (Mon-Fri, 9am-6pm)
www.mind.org.uk

PAPYRUS

Young suicide prevention society
HOPELineUK 0800 068 4141
(Mon-Fri, 10am-10pm. Weekends 2pm-10pm. Bank Holidays 2pm-5pm)
www.papyrus-uk.org

Rethink Mental Illness

Support and advice for people living with mental illness
0300 5000 927 (Mon-Fri, 9.30am-4pm)
www.rethink.org

Samaritans

Confidential support for people experiencing feelings of distress or despair
116 123 (Free 24-hour helpline)
www.samaritans.org.uk

Sane

Charity offering support and carrying out research into mental illness
0845 767 8000 (Daily, 6pm-11pm)
sanemail@org.uk
www.sane.org.uk

YoungMinds

Information on child and adolescent mental health Services for parents and professionals
Parents' helpline **0808 802 5544**
(Mon-Fri, 9.30am-4pm)
www.youngminds.org.uk