



Lynx

Get help early. Make tracks to Lynx.

EARLY PSYCHOSIS INTERVENTION PROGRAM



About the Lynx Early Psychosis Intervention Program

The Program offers assessment, treatment, support, and education for people experiencing the early stages of psychosis and their families.

Who does it serve?

- For people aged 14 - 35 in the early stage of psychosis and their families
- Residents of Haliburton, Northumberland and Peterborough Counties and City of Kawartha Lakes



What is Psychosis?

- A physical condition of the brain that affects all aspects of a person's life.
- It may involve loss of contact with reality.



- The person has a difficult time knowing what is real and what is not.
- Usually affects people in their teens or early adult years.
- Signs include changes in behaviour, thoughts, emotion, senses, and beliefs

Lynx services

The following types of service will be delivered directly by Lynx through the five work sites or facilitated through treatment teams and partnerships with other involved agencies.

- **Outreach:** Public education and awareness-raising for interested community members, training for groups and agencies, to facilitate early identification of psychosis
- **First Response:** Assertive outreach, initial screening, psychiatric assessment, support through in-patient stabilization when necessary
- **Treatment Services for Individuals and Families:** Psychiatric consultation and follow-up, case management, psychosocial rehabilitation, education and support groups
- **Support Services Accessed Through Partner Agencies:** Supportive housing, recreational, vocational, employment assistance, treatment of comorbid conditions, addictions intervention

Why get help early?

- There's a better chance of recovery
- Early identification, assessment and treatment leads to better outcomes
- Treatment is often delayed for one or two years. A delay in getting help is related to slower recovery and less complete recovery.



- Families play an important role in treatment. Research shows that when families are involved in care and treatment, the person with psychosis can make a better recovery.

- It is a medical condition that affects the brain. With prompt attention and treatment, most people will recover.



1-866-990-9956
www.lynxtracks.ca

FIND YOUR LOCAL RESOURCE

LYNX PROGRAM LOCATIONS

CASE MANAGEMENT

Canadian Mental Health Association,
Peterborough Branch
466 George Street North
Peterborough, ON K9H 3R7
Ph: (705) 748-6711 x 0, 308, or 49
Fx: (705) 748-2577
Email: glangill@peterborough.cmha.on.ca or
julie.smith@cmha.peterborough.on.ca
Monday to Friday, 8:30 am – 4:30 pm

Haliburton Highlands Mental Health Services
5 IGA Rd. PO Box 539,
Heritage Plaza, Ste. 101
Minden, ON K0M 2K0
Ph: (705) 286-4575
Ph: 1-800-320-8111
Fx: (705) 286-6123
Email: hhmhs@halhinet.on.ca
Monday to Friday, 8:30 am – 4:30 pm

Community Counseling Services
Ross Memorial Hospital
10 Angeline St. N.
Lindsay, ON K9V 4M8
Ph: (705) 878-8900 x 227
Fx: (705) 878-8896
Email: bpetelka@rmh.org
Monday to Friday, 8:30 am - 4:30 pm

**Campbellford & District
Community Mental Health Centre**
146 Oliver Road
Campbellford, Ontario KOL 1L0
Ph: (705) 632-2015
Fx: (705) 653-0436
Email: tparmiter@cmh.ca or
apohlman@cmh.ca
Monday to Friday, 8:30 am - 4:30 pm

Lakeshore Community Mental Health Services
975 Elgin Street
Cobourg, ON K9A 5J3
Ph: (905) 377-9891
Ph: 1-888-294-7579
Fx: (905) 377-9895
Email: mbaribeau@nhh.ca
Monday to Friday, 8:00 am - 4:00 pm

Peterborough Regional Health Centre
1 Hospital Drive, Peterborough K9J 7C6
Ph: (705) 876-5071
Fx: (705) 876-5010
Email: gtrebbne@prhc.on.ca
Monday to Friday 9:00 am – 5:00 pm

PUBLIC EDUCATION AND FAMILY SUPPORT

**Canadian Mental Health Association
Victoria Branch**
2 Kent Street West
Lindsay, Ontario K9V 2Y1
Ph: (705) 328-2704
Ph: 1-888-454-8875
Fx: (705) 328-2456
Email: fcn@nexicom.net
Monday to Friday, 8:30 am - 4:30 pm

**Canadian Mental Health Association,
Peterborough Branch**
466 George Street North
Peterborough, ON K9H 3R7
Ph: (705) 748-6711 x 216
Fx: (705) 748-2577
Email: jwhite@peterborough.cmha.on.ca

Schizophrenia Society of Ontario
466 George St. N.
Peterborough, ON K9H 3R7
(705) 749-2883
(705) 749-6175
Email: allyson.susko@lynxtrax.ca
Monday to Friday, 9:00 am - 4:00 pm

How to get help

Simply contact the Lynx resource person in your county at the number listed above.

If a number of these symptoms apply to you
or someone you are concerned about,
please contact the Lynx: Early Psychosis
Intervention Program

Cambellford (705) 632-2015

Cobourg (905) 377-9891

Lindsay (705) 878-8900 x 227

Peterborough (705) 748-6711 x 0

Haliburton (705) 286-4575

Toll-Free 1-866-990-9956

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