



Lynx

Get help early. Make tracks to Lynx.

EARLY PSYCHOSIS INTERVENTION PROGRAM

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.



Possible causes of psychotic symptoms

- schizophrenia and related disorders
- bipolar disorder
- substance induced depression
- delusional disorder
- brief psychotic disorder
- organic issues, tumor, brain injury
- post traumatic stress disorder

Psychosis is Treatable

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

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.



EARLY

As early as possible following the onset of psychotic symptoms

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

PSYCHOSIS

A treatable brain disorder characterized by changes in thought, perception, emotion, and behaviour

About psychosis

- affects 3% of population
- results from disruption in brain functioning
- affects males and females equally
- tends to emerge during adolescence and young adulthood
- biopsychosocial factors involved in development
- can be treated effectively

INTERVENTION

Comprehensive, intensive, and individualized treatment

About intervention

- shorter duration of psychosis = improved outcomes
- early intervention = improved recovery & a faster rate of recovery
- treatment includes:

- medication
- psychoeducation
- family involvement



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

PSYCHOSIS SYMPTOMS CHECKLIST

FEATURES OF PSYCHOSIS

Early signs

- changes in sleep
- mood swings
- changes in eating patterns

Common Symptoms

- changes in senses - colours, sound, smell
- confused thinking:
 - problems concentrating
 - hard to follow conversations
 - people don't make sense
 - forget things easily
 - thoughts don't join up properly
 - thoughts being put into your head
 - thoughts disappearing
 - thoughts spoken out loud
 - hearing, seeing, smelling things that other people do not
- false beliefs:
 - suspicion
 - thinking everything is about you or related to you
 - preoccupation with certain ideas or beliefs
 - conspiracy theories

- loss of energy or motivation
- thoughts are faster or slower
- things seem different
- friends and family say you seem different
- changed feelings:
 - mood swings
 - unusually high moods
 - low mood/depressed
 - emotions seem flat
 - feeling slowed down
- changed behaviour:
 - not wanting to do things you used to do
 - acting impulsively
 - bored all the time
 - withdrawing from friends
 - angry or upset for no reason
- other:
 - problems sleeping
 - eating problems
 - suicidal thoughts
 - feeling anxious or nervous all the time

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

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