

## How to access the Service

Referrals can be made by anyone, directly to the team, by phone, fax, or post.

Informal concerns or contact is welcome.

AFFIX STICKER HERE

# Puzzled by Psychosis?

## Early Intervention in Psychosis Service

Hampshire Partnership **NHS**  
NHS Trust



INVESTOR IN PEOPLE



For a translation of this document or for an interpreter, please ring Access to Communication on 023 8024 1300

We work with young people who are experiencing symptoms of psychosis


## Who is the Service for



Anybody aged between 14 and 35 years old who is experiencing the following.

- Hearing voices or changes in their thoughts
- Alteration in how events, people and thoughts are perceived.
- Feeling suspicious at times about other people.
- Experiencing beliefs and thoughts that cause the person distress.
- Changes in behaviour such as becoming more isolated or reduced motivation.
- Changes in friendships.
- Not coping as well at school/college/work.


## What does the Service do



### Aims

- Discuss with the person their experiences and assess their mental health.
- To help the person to increase their understanding of what is happening to them.
- To reduce the level of distress caused by their experiences.
- To work alongside the person to increase their abilities in coping with their difficulties
- To work closely with family and friends to promote recovery.
- To support the person to plan for their future..

## What you can expect from us



The team consists of a range of people skilled in supporting young people with Psychosis.

Staff have training and experience of working with young people and their families.

We also have close links with other services, which can provide specialist help and support to promote recovery and future plans.

**Psychosis is treatable... Recovery is expected**