



LET'S TALK ABOUT PSYCHOSIS

Treatment and Recovery

Psychosis is a treatable medical condition. The sooner a person gets treatment, the better the recovery. There is help available. Your first point of contact could be a campus counsellor, your GP, or a crisis worker or other professional. You can also check for a first episode program like the Nova Scotia Early Psychosis Program in your area.

Here's what you can expect as you seek help:

- If the person you talk to first thinks you might have psychosis, you'll be referred to someone like a psychiatrist or other mental health professional, who will be qualified to do a more specialized assessment.
- As part of that assessment, the psychiatrist, in collaboration with other mental health team members (like a nurse or social worker) will talk with you about your experiences.
- They'll also look at what's going on physically, which can include anything from blood tests to a brain scan. This helps make sure there are no medical problems that could be causing your symptoms.
- If you agree, the team will speak with your family or friends so they can fully understand how your illness developed.
- The team you work with will develop a plan to get you feeling better again.
- Most people are able to receive treatment by visits to the clinic. If you are especially distressed by your symptoms, treatment can occur in hospital.



How is Psychosis Treated?

The important thing to know is that what works for one person might not work for someone else. It's important to find the right treatment plan for you. Your plan could consist of one, some, or even all the options below. Check 'em out.

- Medication. This is prescribed to lessen and get rid of the symptoms of psychosis, reduce anxiety, improve sleep and sense of well-being.
- Education. It's important for the person experiencing psychosis and their family/support system to learn about psychosis, its treatment, how to recover and stay well.
- Development of helpful tools for recovery. These include strategies to build resilience and manage stress, a good support system (friends, family and appropriate community services), ongoing involvement in activities important to them such as school, work and leisure, and healthy living strategies like proper sleep, diet and exercise.
- Psychological therapies. This could be talk therapy, cognitive behavioral therapy, family therapy or addictions counseling to help understand or cope with the illness experience.
- Peer support. Some of the best advice comes from talking to other young people who developed psychosis and recovered.



BECAUSE
YOUR MIND
MATTERS

At the **Nova Scotia Early Psychosis Program**, our team will work with you and your loved ones to find the right plan that works for you. That's what we're here for.

- Absolutely anyone can refer you - a friend, family member, campus counsellor or doctor can call.
- If you're over 18, call us at 902.473.2976, and if you're under 18 the number for you is 902.464.4110.