

How to access help and support

If there are worries about your mental health and you are seeing someone from this team you should firstly contact your key worker during office hours: (Monday to Friday 9am-5pm:)

Name:

Tel: **020 7361 7900**

Out-of-hours please contact:
CNWL Out-of-Hours Urgent Advice Line: **0800 0234 650**

In any other emergency please call **999** for the emergency services.

Help lines:

Rethink:
0300 5000 927
Mon - Fri, 10am-2pm
www.rethink.org

Sane:
0845 767 8000
6pm-11pm
www.sane.org.uk

Mind: **0300 123 3393**
www.mind.org.uk

Websites:

There is a wide variety of information available related to psychosis and mental health. Your key worker should be able to provide you with further information or you can visit the following websites:

Young Minds
(for younger people):
www.youngminds.org.uk

www.iris-initiative.org.uk

www.rethink.org

www.mind.org.uk

www.rcpsych.ac.uk

International:

Australia
www.eppic.org.au

Canada
www.pepp.ca

This document is also available in other languages, large print, Braille, and audio format upon request. Please email communications.cnwl@nhs.net

هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف الطباعية الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب

Arabic

این مدرک همچنین بنا به درخواست به زبانهای دیگر، در چاپ درشت و در فرمت صوتی موجود است.

Farsi

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

Somali

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

Portuguese

நீங்கள் கேட்டுக்கொண்டால். இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

Tamil

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

Spanish

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formie audio.

Polish

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

Gujarati

Be belge istenirse, başka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

Turkish

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Early Intervention in Psychosis Team



About us

We are a specialist team, who work with people who may have experienced what is called a psychotic episode.

A psychotic episode is a type of mental health problem that can seriously affect the way that a person thinks and feels. It can present in a variety of ways, but often means that a person starts to believe in unusual things, or have unusual experiences. It can also mean that a person appears to be 'losing touch with reality'.

Examples of things you may experience or describe are:

- Paranoid ideas (thinking people want to harm you or those around you)
- Hearing voices
- Seeing things out of the ordinary
- Poor concentration
- An unusual belief (you are related to someone famous or wealthy when you are not, or have special powers)

Just because someone describes some of the above experiences, it does not always mean that they have had psychosis. However, as you have been referred to this team, it is thought that you may have experienced these difficulties.

The good news is that, following a first episode of psychosis; the vast majority of people recover!

You may also experience:

- Social isolation (loss of contact with family/friends)
- Loss of self care (poor diet and hygiene)
- Difficulties at school, college or work
- A loss of interest in things that you once enjoyed

Who are we?

We are a team of specialist health and social care professionals and include:

- Consultant psychiatrists - doctors with expertise in working with adolescents and young adults;
- Team psychiatrist- who will do more of the day-to-day medical care
- Nurses with experience working with younger people and adults
- Social Worker with experience in social care.
- An occupational therapist -who will help a person get back into activity, such as a school, college or work
- A support worker- who will help people with social activities
- A pharmacist, who is available to meet with clients and carers to explain and discuss any questions or concerns about medication that the team may prescribe

- A clinical psychologist – to help people using 'talking treatments'/Cognitive Behavioural Therapies
- An Employment Adviser – to help people find and access education or work opportunities

You may see just one member of the Team, although it is likely that you will see more, over time. You will be given the name of a worker who will be your main contact during your time with the team.

What do we do?

We will stay involved with you after you recover

Staying involved will give us an opportunity to work with you to reduce the chance of this happening again

You will be given an identified key worker – this person, also called a Care coordinator, will get to know you, and your support networks – family and friends, if you agree, over time. They will be your main contact with the team, although you may see other team

members, such as the doctor, or employment adviser

We will see you in a place that you feel comfortable in – for example at home, or a youth club, a café.

We will stay involved in your care, even if you become unwell, and need to go to hospital.

We will work with you to help you develop a better understanding of what is happening/happened and assist you in managing symptoms and develop coping strategies.

Treatment options

We consider a range of treatment options, including:

- Helping you get back to school, college, work and meeting up with friends again.
- Medication can play an important role in symptom management.
- Working with you to help you identify "triggers" for psychosis/stress, and how you can learn to manage

symptoms to reduce the chances of becoming unwell again (relapse)

- Talking therapies
- Group programs and activities
- Working with your family

We can help you with some of the things that can make your life easier, for example, supporting you to access the appropriate help to manage:

- Finances
- Accommodation
- Physical health and wellbeing

We will also work closely with your family and your support networks. We find that they can be really important in helping you stay healthy, and may need support of their own.

We maintain your confidentiality except in circumstance where there are concerns about risks to yourself or others.

Your key worker can explain more about confidentiality.