



Central and  
North West London  
NHS Foundation Trust

# Early Intervention in Psychosis Team

## Information for patients



*Wellbeing for life*

# What is the Early Intervention in Psychosis Team?

The Early Intervention in Psychosis Team work with people in the borough of Milton Keynes who are experiencing their first episode of psychosis.

The EIPT consists of an occupational therapist, psychiatric nurses, a clinical psychologist, a social worker, specialty doctor and consultant psychiatrist.

The aims of the EIPT are:

- To provide an assessment and treatment for distressing experiences of psychosis.
- To provide a range of psychosocial interventions.
- To provide support for family and significant others.
- To work with other agencies to support the person.

For many, psychosis can be very distressing. There is strong evidence to suggest that the earlier people receive treatment, the better the outcome.



## What is a psychotic episode?

The term “psychosis” is used to describe conditions that affect the mind, where there has been some loss of contact with reality. The symptoms of psychosis vary a lot between individuals and everyone’s experience will be unique. Common signs might be:

- Losing trust in people
- Jumbled thoughts
- Trouble sleeping
- Loss of energy
- Isolating self or withdrawal
- Changes in mood
- Hearing voices others cannot hear
- Feeling suspicious of others
- Unusual beliefs not shared by others
- Believing others are against you
- Saying things that do not make sense

These experiences seem so real that often the person does not realise that he or she is experiencing psychosis. Experiencing the above can be scary, confusing and distressing. The EIPT was developed to support you and your family through this time.

## Should you be worried?

If you are experiencing a combination of the symptoms described please see your GP as soon as possible.

The chances of making a full recovery are better if treatment is started early.



## How to access our service

You will need to be referred to our service by your GP.

If you are being supported by a secondary mental health services they too can make the referral.

If in doubt call us on **01908 340950** for more information.

## What happens once you have been referred?

Once we receive the referral we aim to contact you and offer an assessment as soon as possible; ideally within 14 days.

One of our team will call you to arrange an assessment of your needs in order to understand the nature of the problems you are experiencing.

Two members of our team will then meet with you at a convenient venue to see if this is the right service for you. This could be at our office, your home or another quiet place where you can be asked about your problems, resources and

circumstances confidentially. You can bring another person for support if that is your wish.

## What happens after the assessment?

If the assessment reveals no evidence of psychosis you will either be passed back to your GP or be referred to a more appropriate service.

If there is evidence of psychosis you will be supported by the EIPT. You will be assigned someone to work with you and that individual will work as your Care Coordinator. He or she will discuss with you a care plan based on your needs.

A care plan is a written document that details the areas with which you need support and how this support will be provided. The care plan will be reviewed regularly and will be adapted to meet your needs as they change.

## How we can help

The treatment and support you receive will be tailored to your individual needs. Some of the ways we can help may include:

- Educating you, your friends and family about psychosis
- Creating plans to help you through crisis
- Medication
- To offer evidence-based psychological interventions including Cognitive Behavioural Therapy for psychosis (CBTp) and Family Interventions (FI).
- Promote physical wellbeing
- One-to-one support
- Supporting you in your education or employment
- Assisting and supporting you to continue with your everyday life

## How to get in touch

Early Intervention in  
Psychosis Team  
Westcroft Health Centre  
1 Savill Lane  
Westcroft  
Milton Keynes  
MK4 4EN

Tel: 01908 340 950

Fax: 01908 340 989

## Useful Resources

[www.rethink.org](http://www.rethink.org)

[www.iris-initiative.org.uk](http://www.iris-initiative.org.uk)

[www.schizophrenia24x7.com](http://www.schizophrenia24x7.com)

[www.talkoutloud.info](http://www.talkoutloud.info)

[www.youngminds.org.uk](http://www.youngminds.org.uk)

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

We are now able to communicate with deaf or hard of hearing people via Text Relay. If you are making a call from a text phone dial **18001 + 01908 340950**

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

### **Polish**

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

### **Tamil**

درخواست پر یہ دستاویز دیگر زبانوں میں، بڑے حروف کی چھپائی اور سننے والے ذرائع پر بھی میسر ہے۔

### **Urdu**

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

### **Farsi**

Šį dokumentą paprašius taip pat galima gauti kitomis kalbomis, dideliu šriftu, Brailio raštu ir garso juostoje. Prašome kreiptis el.

### **Lithuanian**

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

### **Portuguese**

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

### **Spanish**

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**

Настоящий документ по отдельному запросу можно получить в переводе на другие языки, напечатанным крупным шрифтом или на аудиокассете.

### **Russian**