

How to get help

To get help you could first talk to a relative, youth worker, teacher or school/college/occupational health nurse or counsellor. Your GP can refer you to our service. Or you can contact us directly by calling **0117 919 2371**.

We are flexible about where we meet people and we work across all communities in Bristol.

Who is involved?

We work in partnership with Off the Record, which specialises in confidential counselling and support to young people. We work together to get you the right help as soon as possible, including specialist mental health services if needed.

We work closely with GPs and provide a range of training and information to improve understanding and increase support for people with psychosis. We also have close links with employment, training and other services.

For more information about about the early intervention in psychosis service

Contact:
Rachel Esposito
Senior practitioner

Call
0117 919 2371

Email
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OFF THE RECORD Bristol

Bristol Mental Health · early intervention in psychosis

Bristol's new mental health services together come under the banner of **Bristol Mental Health**. The services are provided by 18 NHS and voluntary organisations chosen because of their expertise and experience. A full list of the organisations is available on the website.

www.bristolmentalhealth.org

Bristol Mental Health

· early intervention in psychosis

NHS

About the early intervention in psychosis service

What is the early intervention in psychosis service?

We assess, engage and work with people who are experiencing a first episode of psychosis and we provide earlier treatment for a range of mental health difficulties. The sooner help is sought, the better the outcomes.

Who is it for?

The service is for young people between the ages of 16 and 35 who may be experiencing, or be at risk of developing, psychosis. Those aged 14 and 15 are seen alongside the local child and adolescent mental health team. We also support families and carers and help them to help their loved ones.

Many young people display changes in behaviour and relationships which can suggest a psychotic disorder.

This can be distressing and often includes things like hearing or seeing things that other people can't see or hear. It may also involve unusual beliefs that others don't share such as thinking others are trying to harm you or your friends or family.

Sometimes it can be difficult to know who can be trusted, especially if you feel at risk. The quicker you get help, the better and this is where our service makes a difference.

How does it work?

Our service makes it easy to get help. We help in a number of ways, including talking therapies, education, activities, medication and working with a care coordinator to make sure all of your needs are met.

It can be hard to know whether some symptoms – such as: feeling confused, irritable, anxious or depressed; mood swings; or struggling to cope – are early signs of psychosis, or just temporary reactions to stressful experiences such as difficulties at school/college/work, relationship break-ups, or changes in job roles. Drugs and alcohol can also be factors.

Sometimes it will be the friends and family of the person experiencing difficulties who will notice the changes and sometimes people are reluctant to seek help. We will check things out as soon as possible so you know what is happening.

There are many different cultural and individual ways of understanding experiences of psychosis and we consider each person's beliefs about these experiences. This is important in working together to deal with the psychosis.