

## Eligibility Criteria

- 12-25 years old; and
- Experiencing their first episode of psychosis

OR

- At risk of developing psychosis, including young people who are reporting a decline in functioning and a family history of psychosis, brief psychotic symptoms, or symptoms of psychosis at reduced intensity.

## Exclusion Criteria

Young people who have had more than 12 months of treatment for psychosis by another mental health service, private psychiatrist or General Practitioner (including consistent treatment with anti-psychotic medication).

## How to refer

You can refer to the Early Psychosis team by calling headspace Adelaide on 1800 063 267 or by completing the online Community Referral Form, located here:

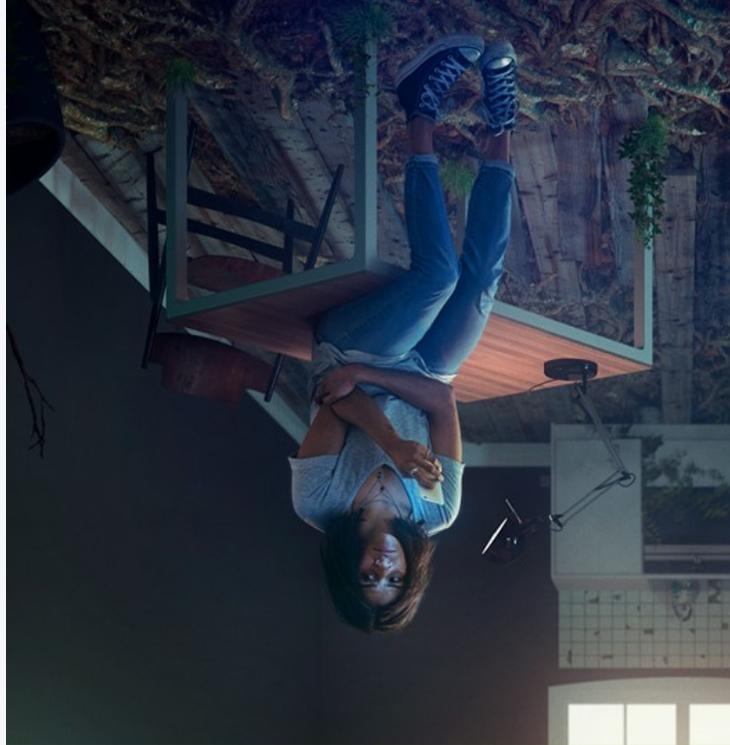
[headspace.org.au/headspace-centres/adelaide](https://headspace.org.au/headspace-centres/adelaide)



## Quick Contact

**Mobile Assessment Treatment Team**  
0475 989 619 or 1800 063 267

Eligibility for the program will be determined following specialist assessment by the team. Do not hesitate to make contact with any queries.



If there is an emergency situation, or if you or someone else is in immediate danger or at risk of harm, contact the appropriate services listed below:

**Women's and Children's Hospital – Emergency Department (under 18 years old)**  
8161 7044

**Mental Health Triage (over 16 years old)**  
13 14 65

**For all other emergencies**  
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headspace Adelaide is operated by Sonder. headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health.

# Early Psychosis Program

GP Resource



# headspace is committed to providing the best possible clinical service to young people

headspace Adelaide's Early Psychosis program ensures the provision of early intervention, responsive, and recovery focused care for young people who are at high risk of or are experiencing a first episode of psychosis. This is based on the Early Psychosis Prevention and Intervention Centre (EPPIC) model of care.

The Early Psychosis team have a specially trained multi-disciplinary workforce. The team includes Psychiatrists, Psychologists, General Practitioners, Social Workers, Occupational Therapists, Mental Health Nurses, Vocational Guidance Counsellors, as well as a Family Peer Worker and Peer Workers.

## The program aims to provide the following:

- Assessment within 24 hours of referrals
- Psychiatric Review within 48 hours of referral
- Consultant Psychiatry review within 7 days of referral
- Allocation to CCT Clinician within 5 days

## We deliver services to young people and their families:

### Monday to Friday:

8:30am to 8:00pm

### Saturday, Sunday, Public Holidays:

9:00am to 5:00pm

## What we offer

As part of the program, young people can access:



Counselling with specialist mental health professionals. Medical staff who can advise on medication



Support to get back to study or work



Support with everyday life skills (e.g. shopping, travelling)



Creative therapy (e.g. art or music groups)



Social group activities (e.g. going to the movies) with other young people who have had similar experiences



## What happens after I refer?

The young person will be contacted as soon as possible by our triage officer. The Mobile Assessment and Treatment Team will conduct an assessment if the young person is accepted at triage.

## Are involuntary patients eligible?

Yes. If a young person is under a Community Treatment Order or the Mental Health Act, we can act as their treatment team.

## Does the program administer medications?

Yes. Our teams include consultants who can prescribe anti-psychotics including Clozapine.

## What areas does the service cover?

The headspace Adelaide Early Psychosis service is available in the Adelaide metropolitan area.

This is in accordance to the Adelaide PHN catchment, from Sellicks Hill in the south to Angle Vale in the north, and from the beaches in the west to the foothills in the east.