

your case manager is on hand to help

Your headspace case manager (a specialist health professional) will talk through the key things you can do to help yourself stay on track. They will work with you to develop a treatment plan that outlines your goals and any difficulties you are facing. Peer support and family workers will also support you to achieve your goals.

support is available for your family too

Your family and friends are an integral part of the treatment team and play an important role in helping you get back on track. As part of the headspace Early Psychosis program, families receive support, information and education about psychosis. They can attend group sessions to get support from others, and access after-hours support through eheadspace.

get professional help and support

With the right clinical help and practical support, you can reduce your chance of experiencing an episode of psychosis in the future. To learn more or get help visit:

headspace.org.au/adelaide
headspace.org.au/psychosis
or call 1800 063 267

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WE CAN TURN PSYCHOSIS AROUND

having unusual thoughts or
behaving out of character?

We offer support for young people
experiencing psychosis.



what is psychosis?

Psychosis is a confusing and often misunderstood illness that can turn a young person's world upside down.

It affects everyone differently, with symptoms including changes in feelings or behaviour. This means you might experience confused thinking, unusual thoughts or behave in a way that seems out of character. Some people can experience hallucinations; where you see things other people don't see, or hear voices and sounds others don't. At times you may feel your home, work or school life is getting harder.

It's important to know that psychosis can be managed and recovery is probable. The earlier it's diagnosed the sooner you can turn it around. With the right help and support, you can get back to leading the life you choose.

what causes psychosis?

Like lots of health conditions, psychosis is caused by a combination of different things. Genetics or a history of tough times can make a person more vulnerable to psychosis.

Stressful life experiences can also contribute to developing psychosis. These can include:

- grief and loss
- drug use
- difficult times with family or friends
- ongoing problems at school or work.

Developing psychosis doesn't usually happen out of the blue. Getting specialist treatment and support as soon as problems begin can help prevent things from getting worse later on.

what help is available?

Getting help through headspace Early Psychosis is a step in the right direction. Our program offers free and confidential help for young people who are experiencing an early episode of psychosis, or are at risk of developing psychosis.

headspace Early Psychosis staff provide both the clinical and everyday practical help you need to reduce your chances of experiencing an episode of psychosis in the future.

our program

As part of the program, you 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.

headspace Early Psychosis centres also have Mobile Assessment Treatment teams who provide outreach and support after-hours. These specialists undertake initial assessments to identify the most appropriate service providers for you and your family.