



# 1st Step

## Early Psychosis Intervention

### ■ What is 1st Step?

First Step is an assessment and treatment program for people who are experiencing a first episode of psychosis-- an experience where you might have trouble telling the difference between what is real and what isn't.

### ■ Who do we serve?

We serve people in Waterloo or Wellington who are:

- between the ages of 14 and 35;
- have shown signs of psychosis during the past year; and
- have been on medication for the treatment of psychosis for 6 months or less

The sooner you speak with us, the sooner we can help you start your recovery process.

### ■ Why reach out?

In short, so you can be well again. We can help you achieve key goals that will improve your life and relationships. Together with your family and friends, 1st Step will offer ongoing support and care to reduce relapses. Most people who suffer from psychosis at an early age respond extremely well to treatment and can live a full and active life.

### ■ The key to recovery

The key to a successful recovery from psychosis is getting help fast. Psychosis has an impact on your life at home, school and work. Our team of professionals can help. To better understand your needs, we will do a comprehensive assessment that will include a medical screening, a medical history and psychiatric interviews. Together with you, we can then develop a treatment plan. Treatment may include counselling, medication, group activities, family education and finding support for your day-to-day living. Our goal is to support you and your family in finding balance in your life and recovery from psychosis.

### ■ What is psychosis?

Psychosis is a medical condition that affects the brain. A person experiencing psychosis might have trouble telling the difference between what is real and what isn't. Symptoms of psychosis include:

- confused thinking, speaking and behaviour;
- seeing, hearing, tasting or smelling things that are not real;
- believing something that just isn't true or possible;
- withdrawing from friends and family and usual activities; and
- unusual or bizarre behaviour.

Psychosis usually begins in the late teens or early twenties. It can affect anyone. We are not sure why some people experience psychosis and others don't. Most professionals agree that genetics, substance abuse or extreme stress can start psychosis.



Canadian Mental  
Health Association  
Waterloo Wellington

Association canadienne  
pour la santé mentale  
Waterloo Wellington

### How to access 1st Step

Referrals are welcome from anyone, including families, doctors and community partners.

To learn more about the 1st Step program or to make a referral, please call:

**519-821-2060 ext. 2040** (in Guelph),  
**519-576-2333 ext. 2040** (in Kitchener)

OR toll free:  
**1-844-CMHA WW3 (#s) ext. 2040**

You can also visit our websites:

[www.cmhaww.ca](http://www.cmhaww.ca)

For more information about psychosis, visit:

[www.psychosissucks.ca](http://www.psychosissucks.ca)  
[www.earlypsychosis.ca](http://www.earlypsychosis.ca)  
[www.gethelpearly.ca](http://www.gethelpearly.ca)

### Privacy

At CMHA WW, your privacy is paramount. To learn more about our privacy policies visit:

[www.cmhaww.ca/privacy](http://www.cmhaww.ca/privacy)