



Getting help

If you are worried that you, a friend or family member may be experiencing psychosis talk to your GP. Your GP can refer you to the Early Intervention Team.

You can also contact the Early Intervention Team for advice: **020 3668 9484**

Useful contacts

Oxleas Mental Health
Urgent Advice Line:
0800 330 8590 (24hr)
oxleas.nhs.uk

Oxleas medication helpline
01322 621062

CamhsCares.nhs.uk

iris-initiative.org.uk
readthesigns.com.au

psychosissucks.ca

Substance Use Advice:
talktofrank.com
0300 123 6600

samaritans.org.uk

youngminds.org.uk

Saneline
0845 767 8000

Young Minds (Parents helpline)
0808 802 5544

Samaritans
0845 790 9090 and 116 123

MIND
0845 766 0163

Carers UK
0808 808 7777

Bexley Carers Support
020 8302 8011

PALS
0800 917 7159 (Freephone)
Email: oxl-tr.pals@nhs.net

Contact us

Bexley Early Intervention Team
Erith Centre
Park Crescent
Erith
Kent
DA8 3EE

Tel:
020 3668 9484

Referral email:
oxl-tr.earlyinterventionreferrals@nhs.net

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Early Intervention in Psychosis Bexley Early Intervention Team

Are you worried about changes in the way you think, feel or behave?

oxleas.nhs.uk

A guide to recognising the signs of a mental health problem early and how to get help

We work with people who are:

- Living in the borough of Bexley
- Aged between 18-65 years
- Experiencing psychosis for the first time
- Are at risk of developing psychosis.

We aim to:

- Detect, assess and treat psychosis as early as possible
- Provide a range of evidence based interventions to help people recover from psychosis and gain a good quality of life
- Support and advise family members, carers and friends
- Work in partnership with other agencies and services to support recovery.

When referred to our team we will offer you a face-to-face assessment. We aim to meet and allocate a worker for all new referrals to our team within 14 days.

The Bexley Early Intervention team will work with you for up to three years. At this point you can be discharged back to your GP, or if further help is needed we can refer you to other community mental health teams that can continue to provide support.

When is the team available?

The Early Intervention Team is open Monday-Friday, 9am-5pm.

We do not work evenings and weekends but out of hours advice and support is available via the Mental Health Urgent Advice Line: **0800 330 8590**

In an emergency you can also access help by contacting emergency services or by attending your nearest A&E department.

What is psychosis?

Psychosis is a term used to describe experiences that affect a person's perceptions, thoughts, mood and behaviour. Everyone's experiences are unique and different. There are many different cultural and individual ways of understanding and coping with psychosis.

Psychosis is common and affects people of all ages, ethnicities, gender and background. People who experience psychosis can and do recover. As with many conditions recovery and return to a good quality of life are more likely if help is sought early.

Someone with psychosis may experience:

- **Hallucinations** - hearing, seeing, tasting or feeling things that other people cannot, for example hearing a voice that others cannot hear
- **Changes in thinking** - thoughts may become more rapid, slowed down or jumbled up
- **Frightening or unusual ideas** - holding strong beliefs about the world and sometimes about other people. For instance feeling suspicious or worried about people, thinking neighbours are spying on you or that strangers you meet in the street have access to your thoughts. These types of beliefs are called delusions

- **Changes in emotions** - feeling anxious or depressed or having difficulty experiencing the right emotion at the right time, for example laughing when those around you are crying
- Being more irritable or short tempered than usual
- Withdrawing from family, friends and usual activities
- Lack of energy, interest and motivation
- Changes in sleep or appetite
- Not able to concentrate or function at school, university or work.

Someone can develop psychosis for a number of reasons including stress, difficult experiences and for some people recreational drug and alcohol use. The exact cause is not always clear at the beginning. We can help you develop an understanding of what led you to become unwell and how to reduce the chances of it happening again.

Our team:

We are a multidisciplinary team working with people in the community. We will work together to ensure you get the right treatment and support to recover.

You will be allocated a Care Coordinator. This may be a nurse, social worker or occupational therapist. They will be the main point of contact for you and your family. Their job is to provide information, guidance and support and help you access the right treatment and support from other team members, agencies and services.

We have a range of professionals in the team including:

- Community mental health nurses
- Psychiatrists - medical doctors who specialise in mental illness
- Psychologists - specialise in talking therapies
- Occupational therapists - focus on recovery through engaging in everyday activities (such as education, leisure, employment and independent living skills)
- Social workers
- Support worker - can help with benefits, housing and financial issues
- Administrators.

We can also help you to access services outside our team including drug and alcohol services, financial and debt advice, vocational and employment services and community services such as the gym or healthy lifestyle programmes.

How we can help:

The Early Intervention Team offers a range of advice, support and treatments that help people to recover from psychosis including:

- Providing information to help you and your family understand psychosis and treatment options
- Helping you to develop an understanding of your own experiences
- Psychological interventions - including cognitive behavioural therapy and family interventions
- Medication - information, advice and support to help you make an informed choice
- Regular physical health checks, monitoring and treatments where needed
- Support with educational and employment needs
- Help to access support for drug and alcohol use
- Advice and signposting for social issues including housing, benefits and finance, debt advice
- Support, information and advice for families and carers, including carers' assessments
- Developing a crisis plan for the future.