

## North West Wales Early Intervention for Psychosis Service

### Information Leaflet for Professionals

#### What is Early Intervention in Psychosis?

The Early Intervention in Psychosis Service aims to provide a high quality, evidence-based service for young people experiencing a first episode of psychosis and their carers, and for young people who are at high risk of developing a psychotic disorder. This approach has been shown to promote better long term outcomes, recovery and reduced the risk of relapse and hospital admission.

#### Who is the service for?

- Psychosis can happen to anyone at any time but it most commonly develops in late teens/early twenties. The main focus of this service then is young people aged 16-25, but we are open to working with people of all ages.'
- Around 1 in 100 people will experience serious problems with psychosis at some point in their lives

#### What is psychosis?

Psychosis is a mental state of being separated from shared reality, experiencing things that other people around you are not experiencing, such as :

- Hearing or seeing things that others can't
- Unusual beliefs about the self, other people or reality
- Frightening or strange ideas
- Feeling suspicious of other people or a feeling of being watched
- Withdrawal from friends and family
- Difficulty in doing things previously enjoyed
- Difficulty thinking and concentrating

Early signs of psychosis can be difficult to recognise and referral will be accepted on the grounds of signs of an 'at risk mental state'. Please see [Criteria for the Service](#)



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### How can we help young people and their families?

- Specialist Assessments,
- Individual Psychological Therapy
- Family support and Intervention
- Relapse Prevention
- Activity Programme
- Co-ordination with other organisations providing support

### *Support for partner organisations*

- Raising awareness of psychosis and its early signs
- Training for Practitioners and Community Workers

### Who is in the team?

We are a small team from different professional backgrounds including nursing and clinical psychology. We have specialist knowledge in working with young people who are developing mental health problems.

### Confidentiality and Data Protection

We provide a confidential service that operates within the BCUHB policies on sharing information and data protection.

### How to reach us?

Referrals can be made by anyone who has concerns that someone is having difficulty with psychotic experiences. If you are unsure, we encourage anyone to telephone us and speak informally and confidentially with a member of the team.

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