

Psychosis

Where to go when you're looking for help

What is Psychosis?

Psychosis describes a state of mind where people have trouble knowing what is real and what is not. When this happens, it is called a psychotic episode.

A first episode of psychosis is often very frightening, confusing, and distressing, especially because it is an unfamiliar experience.

Psychosis usually appears in a person's late teens or early twenties

A number of mental illnesses can include psychosis as a symptom including schizophrenia, bipolar disorder, schizoaffective disorder and drug-induced psychosis.

Early Intervention Programs offer support for people who have experienced early signs and symptoms of psychosis.

These people may have trouble concentrating or thinking clearly, they may withdraw from family and friends, be suspicious of other people and be confused about what is real and what they have imagined. They may also have hallucinations (where they see or hear things that are not there) and experience unusual changes in their behavior.

Treatment can include medications and a team to help with employment and education support, family, support, social skills training and psychotherapy.

Early intervention programs minimize disruptions to the person's work, school and relationships, and improve the chances of a more successful recovery. These programs also decrease the need for hospitalization.

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

Psychosis Resources and Supports



Websites & Online Resources

Canadian Mental Health Association
www.toronto.cmha.ca/mental-health-2/understanding-mental-illness/psychosis

Centre for Addiction and Mental Health
www.camh.ca/en/health-info/mental-illness-and-addiction-index/psychosis

ConnexOntario
www.connexontario.ca
*For resources/programs in Ontario

Early Psychosis Intervention
*Dealing with psychosis toolkit
www.earlypsychosis.ca/resources-and-downloads/

Here to Help
www.heretohelp.bc.ca/psychosis

Institute for Advancements in Mental Health (CBT for Psychosis Info)
www.iammentalhealth.ca/Initiatives/CBT-for-Psychosis

Living With Schizophrenia (YouTube)
www.youtube.com/livingwithschizophrenia

Mood Disorders Society of Canada
www.mdsc.ca

Schizophrenia Society of Ontario
www.schizophrenia.on.ca

Self-Help/Mutual Aid Support Groups

Mood Disorders Association of Ontario
www.mooddisorders.ca
*Early Intervention Family Forum
*Drop-In Peer Support



Books/E-Books

First Episode Psychosis: An Information Guide
www.camh.ca/-/media/files/guides-and-publications/first-episode-psychosis-guide-en.pdf

Promoting Recovery from First Episode Psychosis: A Guide for Families /
Martens, L., Baker, S. (2009)

Women and Psychosis: An Information Guide
www.camh.ca/-/media/files/guides-and-publications/women-and-psychosis-en.pdf

Women and Psychosis: A Guide for Women and Their Families /
Blake, P., Collins, A.A., Seeman, M.V. (2006)

Housing Support

Canadian Mental Health Association
www.toronto.cmha.ca/programs-and-services/community-support-services/housing
416-789-7957

CAMH Homes for Special Care (HSC)
416-583-4315

Housing Connections
www.housingconnections.ca
416-397-7400

Regeneration House
www.regenerationcs.org
416-703-9645

Unison Health & Community Services
www.unisonhsc.org
416-653-5400 Housing Help

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Organizations That Help

Access Point

www.theaccesspoint.ca

Across Boundaries

www.acrossboundaries.ca

416-787-3007

Canadian Mental Health Association

www.toronto.cmha.ca

416-789-7957 ext. 3631

Centre for Addiction and Mental Health

www.camh.ca/en/your-care/programs-and-services/psychosis-coordinated-care-service

Hong Fook Mental Health Association

www.hongfook.ca

416-493-4242

Mood Disorders Association of Ontario

www.mooddisorders.ca/program/early-intervention-program

416-486-8046 ext. 237

Humber River Hospital

416-242-1000 ext.43170

Loft Community Services

www.loftcs.org

416-979-1994

North York General Hospital Mental Health Program

www.nygh.on.ca

416-756-6642

Reconnect Mental Health Services

www.reconnect.on.ca

416-248-2050

Toronto North Support Services

www.tnss.ca

416-499-5969

Crisis Lines

Distress Centre

416-408-4357

Text: 45645

Gerstein Crisis Centre

416-929-5200

Mental Health Helpline

1-866-531-2600

Ontario Drug & Alcohol Helpline

1-800-565-8603

Rape Crisis Centre

416-597-8808

Seniors Helpline

416-217-2077



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