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 successfully 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  

Promoting Recovery from First Episode Psychosis: A Guide for Families /  

Women and Psychosis: An Information Guide  

Women and Psychosis: A Guide for Women and Their Families /  

**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  
416-653-5400Housing 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  

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

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**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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