

OBSERVING SIGNS? HERE'S WHAT YOU CAN DO:

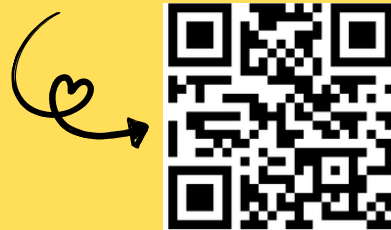
- Talk about your worries with someone in your community or with a trusted adult.
- Talk with your parents or someone close to you (*you can even show them this pamphlet*).
- If no one around you can support you, contact us by email (*please note: we are not an emergency service*).
- If things feel out of control and you fear for your safety or that of someone close to you, go to the emergency room or call 911.

THERE ARE DIFFERENT FEPP TEAMS IN QUEBEC. YOU CAN VERIFY IF OUR TEAM COVERS YOUR SECTOR BY SCANNING THE QR CODE AND LOOKING AT THE SECTOR WE COVER! DON'T HESITATE TO ASK FOR HELP TO IDENTIFY YOUR SECTOR!

CONTACT US

**accueil.pep.hgj@
ssss.gouv.qc.ca**

We are there to help!



**MAKE SURE TO
EXPLAIN THE SIGNS
THAT WORRY YOU, AND
WE WILL ASSESS THE
SITUATION. EVERY
CASE IS UNIQUE.**



Hôpital général juif
Jewish General Hospital

FIRST EPISODE PSYCHOSIS PROGRAM (FEPP)

JEWISH GENERAL HOSPITAL



YOU HAVE QUESTIONS?

Are you or someone you care about dealing with psychosis? FEPP can support you!



FOR AGES 16-35

FACTORS THAT INCREASE THE RISK OF EXPERIENCING PSYCHOSIS



Substance use
(cannabis, speed,
coke)

A stressful time or big
life changes

Lack of support from
entourage

Lack of sleep



WHAT ARE THE SIGNS OF A PSYCHOSIS?

- Sleep and appetite are disrupted
- Poor hygiene and appearance
- Low energy and motivation
- Mood changes
- Trouble concentrating
- Loss of interest in once-enjoyed activities
- Social withdrawal and isolation
- Strange or false ideas, unusual worries or beliefs
- Seeing or hearing things others don't
- Overreacting to situations in unusual ways
- Increased mistrust or feeling unsafe
- Confused thoughts, unclear speech, talking very fast
- Unusual behaviors



WHAT IS PSYCHOSIS?

Loss of contact with reality

Difficulty to maintain daily activities

Changes in thoughts, emotions, behaviours