



Welcome to the Lancashire Early Intervention Service (EIS)

Talking about mental health can be really hard, especially if you are asked to talk about issues with a person who you do not know. Many people are frightened to ask for help because they do not know what is happening to them. Knowing where to get the right information can be difficult.

Aims

The Lancashire Early Intervention Service aims to provide practical advice, support, information and a better understanding for individuals and their families. Your views and experiences are important to us, therefore we invite all service users and carers to take part in ongoing research to improve the effectiveness and quality of the service we provide. This can be discussed with your Care Co-ordinator.

The team consists of experienced mental health practitioners including nurses, social workers, occupational therapists, psychologists and doctors.

If I need more information, who do I ask?

Your first meeting with EIS allowed you to discuss your current difficulties with members of our team. However, if you have any further questions about our service please do not hesitate to contact the Lancashire Early Intervention Service in your area or your Care Coordinator.

What is Early Intervention?

Early Intervention teams work with young people with psychosis or when there is a suspicion of psychosis and help them and their families to lead ordinary lives. Early Intervention aims to promote an individual's recovery from psychosis by:-

- Promoting mental health.
- Early detection.
- More effective treatment at the beginning of the illness.

Who is EIS for?

It's for people aged between 14 and 35 with a first presentation of psychotic symptoms or those individuals who we suspect could be at risk of developing psychotic symptoms.

Individuals who have been treated for other difficulties, or who have previously experienced brief psychotic experiences* may also be referred for assessment by the team.

* *brief, limited or intermittent psychotic symptoms (BLIPS) for less than one week and resolving spontaneously.*

Some of the problems you might experience could include:-

- A loss of motivation.
- Behaviour and mood changes, social withdrawal and impaired role functioning.
- Anxiety.
- Panic attacks.
- Agitation.
- Sleep disturbance.
- Feeling tense and irritable.
- Confusion.
- Appetite changes.
- Feeling paranoid.
- Hearing voices.
- Unusual beliefs and ideas.

These behaviours might be a brief reaction to stressful events like hassles at school or work, or trouble with relationships. The important thing to look for is if these change, get worse, do not go away or cause significant concern and distress.

Why is Early Intervention important?

The longer the illness is left untreated, the greater the disruption to a person's family, friends, study and work.

The earlier psychosis is recognised and treatment commences, the better the outlook.

You can learn more about the Lancashire Early Intervention Service by visiting our website:-

www.hope-health-recovery.org.uk

Email: info@hope-health-recovery.org.uk