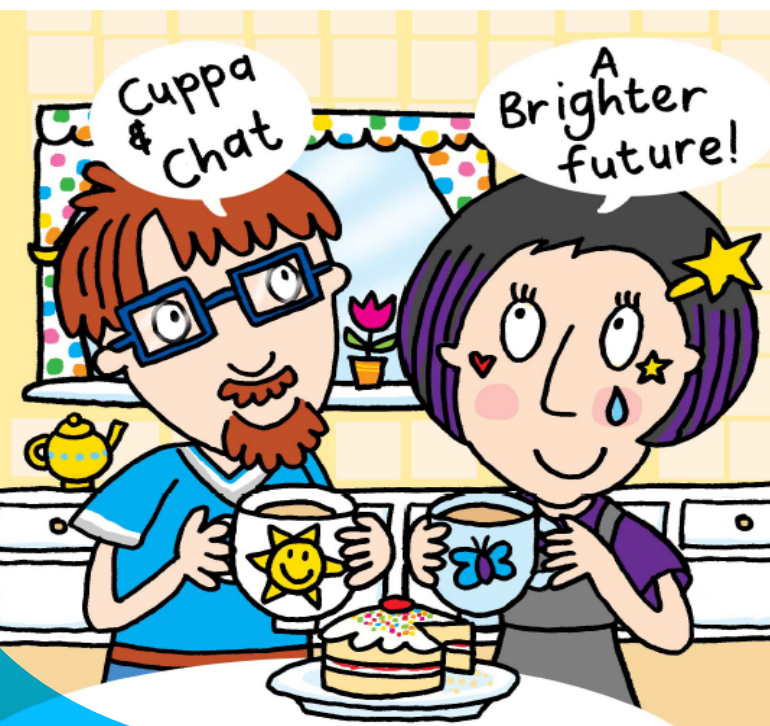


What can we offer you and your family/carer?

- Support with housing and accommodation issues
- Help and information to access training education and employment
- Psychological therapy (CBT and family work)
- Supportive counselling
- General information
- Time to discuss any worries you might have regarding medication
- Medical treatment
- Social groups
- Physical health checks



Useful websites

www.youngminds.org.uk/

If you're seeing or hearing things or feeling out of touch with reality, you're not alone. Find out more about psychosis and what to do if it affects you.

www.getselfhelp.co.uk/freedownloads4.htm

Free tools for wellbeing and factsheets

www.psychosissucks.ca/

Resources on Psychosis

Contact us

Contact the Derbyshire Early Intervention in Psychosis Service by post or phone:



Derbyshire Early Intervention in Psychosis Service – Derby City and South County
St Andrews House
201 London Road
Derby,
DE1 2TZ



Tel: 0300 123 3239



Derbyshire Early Intervention in Psychosis Service – North County
Bayheath House
Rose Hill West
Chesterfield
S40 2TZ



Tel: 0300 123 4451

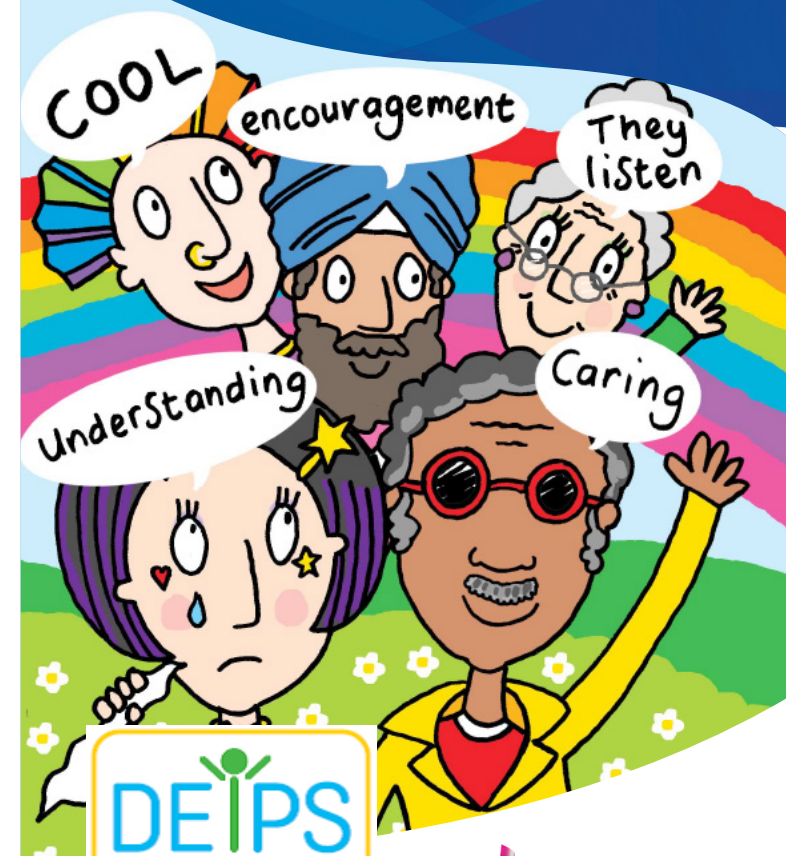
Office hours: Monday to Friday, 9am – 5pm

derbyshirehealthcareft.nhs.uk

NHS

Derbyshire Healthcare
NHS Foundation Trust

Derbyshire Early Intervention in Psychosis Service



Making a
positive
difference

Derbyshire Early Intervention in Psychosis Service was set up specifically to work with people aged between 14-64 who experience psychosis for the first time

Who is the service for?

Anybody aged between 14-64 years old who is experiencing the following:

- Hearing voices
- Changes in how you perceive events, people and thoughts
- Feeling suspicious at times about other people
- Experiencing beliefs and thoughts that cause you distress
- Changes in behaviour such as becoming more isolated or reduced motivation.

What you can expect from our service

- Discusses with the person their experiences and assesses their mental health
- Helps the person increase their understanding of their individual difficulties
- Reduces the level of distress caused by their life experiences
- Works alongside the person to increase their abilities in coping with their problems
- Works closely with family, carers and friends to promote recovery
- Assists the person to plan for their future.

The Derbyshire Early Intervention in Psychosis Service

The Derbyshire Early Intervention in Psychosis team is made up of a broad range of trained professionals who have diverse skills, knowledge and experiences to help support people recover from their problems. The team includes:

- Community Mental Health Nurses
- Youth Workers
- Occupational Therapists
- Support Workers
- Cognitive Behaviour Therapist
- Family Therapists
- Cultural Diversity Specialist
- Clinical Psychologist
- Consultant Psychiatrists.

If you feel that you could benefit from the service offered by The Derbyshire Early Intervention in Psychosis team you could speak to your doctor about getting a referral. Alternatively, you could speak to the person who currently cares for you or contact us directly using the contact details overleaf.

1 in 4 people suffer from mental health problems of some form, so it's not as rare as you may think.

Just because someone is suffering from a mental health difficulty does not mean that they cannot function as they always have. But the only way that they can do this is by getting the help they are entitled to.

