

Early Psychosis Education for Support Persons

Nova Scotia Early Psychosis Program (NSEPP)

What is the Early Psychosis Education for Support Persons Program?

- This is a group program for people who are supporting a loved one with **early psychosis** (a mental health condition that causes a person to experience or believe things that are not real) (also called **early phase psychosis**).
- **You are an important part of your loved one's treatment and recovery.** The goal of the program is to help you learn skills so you can:
 - › feel confident to support your loved one.
 - › care for yourself while you support your loved one.
- There are other education programs for people who are recovering from psychosis.
- Please ask a member of the health care team if you have any questions.

Who can take part?

To take part in this program, you must:

- Be 16 years old or older
- Live in Nova Scotia Health's Central Zone (the Halifax area, Eastern Shore, and West Hants)
- Be supporting a person with early psychosis (There are other programs for people with psychosis. Ask a member of the health care team if you are not sure.)
 - › This includes siblings, parents, partners, friends, extended family members, and anyone who identifies as a support person.

You **do not** need consent from your loved one to attend the program. You will be registered under your own name.

What will I learn in the program?

- You will learn:
 - › What psychosis is
 - › How psychosis is treated
 - › How substance use affects psychosis
 - › How to plan for your loved one's recovery and help them prevent relapse
 - › How to care for yourself while supporting your loved one

We are committed to providing a safe and inclusive learning environment.
All group members are expected to treat each other with dignity and respect.
Group sessions are confidential (private). **Please do not talk about what was discussed with others outside of group sessions.**

Where is the program held?

- The program may be offered online, in person, or a combination of both. In-person sessions are held at:
Abbie J. Lane Memorial Building
5909 Veterans' Memorial Lane
Halifax, NS
- We will tell you the time, date, and location before the program starts.

How do I register?

To register, you can:

- Talk with a member of your loved one's health care team and ask them to refer you.
- Call the NSEPP Clinic:
 - › Phone: 902-473-2976
- Email: EDEPP@nshealth.ca

If you need learning accommodations, please tell us when you register.

For more information about psychosis and the Early Psychosis Intervention Nova Scotia (EPINS) program, visit:

- › www.nshealth.ca/early-psychosis-intervention-nova-scotia

Early Psychosis Education for Support Persons Program – NSEPP

Abbie J. Lane Building, 3rd floor
5909 Veterans' Memorial Lane
Halifax, NS B3H 2E2
› Phone: 902-473-2976



This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

*Prepared by: NSEPP, Central Zone
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