

Family and Caregiver Education Sessions (FACES) for Psychosis

What is FACES?

- This is a group program for people who are supporting a loved one with **early phase psychosis**. Early phase psychosis is a mental health condition that causes a person to experience or believe things that are not real.
- **You are an important part of your loved one's treatment and recovery.** The goal of these education sessions is to provide you with information and skills so you can gain confidence in supporting your loved one.

Who can take part?

To take part in this program, you must:

- Be 16 years old or older
- Live in Nova Scotia
- Be supporting a person with early phase psychosis (this includes siblings, parents, partners, extended family members, or 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 early phase psychosis is
 - › How early phase psychosis is treated
 - › How substance use affects early phase 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 people who are not in the group.**

Where is the program held?

- The program may be offered online, in person, or a combination of both.
- We will tell you the date, time, 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 clinic where your loved one is receiving care.
 - › Email: EPINS.EDUC@nshealth.ca

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

For more information, scan the QR code below or visit:

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



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: EPINS
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