

*Supporting you to live well*

# Psychosis can happen to anyone

Information for people  
using our service



# What is the STEP service?

The STEP service helps people in Devon between the ages of 14 - 65 who are experiencing possible symptoms of psychosis.

It is important to get help early. There are treatments and support that can be offered to assist recovery.

# What is psychosis?

Psychosis is most likely to occur in young adults and is quite common. About three in every 100 people will experience a psychotic episode - which makes it more common than diabetes in young people. Most make a full recovery from the experience.

Early psychosis can be difficult to identify. Symptoms can be vague at times and everyone's experience is different.

Many life events can bring about stress, such as relationship changes or work / college pressures. These can lead to confusing emotions and experiences:

- Difficulty in concentrating or dealing with things at work or college
- Some sense of paranoia, feeling tense or threatened
- Changes in mood, sometimes being unpredictable or out of sync with what's happening around you
- Losing interest in things that you previously enjoyed
- You may think that other people are watching you or talking about you

- You may feel suspicious, scared or angry
- You may see or hear things which appear very real to you, but that other people don't notice
- You might feel that others don't understand what is happening to you and feel that you want to spend more time alone
- You may feel that there are particular messages being given to you from your surroundings
- People close to you, your friends and family, may start to comment that you have been acting strangely or saying odd things
- You may feel very confused.

You may have tried to ignore these experiences or tried to make sense of them.

- In psychosis a person may experience some loss of contact with reality. Usually there are gradual changes in how a person thinks, feels and acts in their daily lives, and with others.
- Street drugs and alcohol often make these experiences worse.
- Having it checked out early generally means a better outlook for the individual with support and understanding for themselves and those close to them.
- As a friend or a relative you may feel very emotional and be unsure of what to do next. Nobody is to blame for psychosis and there is no reason to feel ashamed. This can happen to anyone.
- It is not unusual to be reluctant to get help.

Contact details of your local STEP Team are overleaf.

## Helpful information and websites

**[www.rethink.org](http://www.rethink.org)**

Friendly mental health information for 16-25 year olds.

**[www.youngminds.org.uk](http://www.youngminds.org.uk)**

UK website committed to improving the emotional wellbeing and mental health of children and young people and empowering their parents and carers.

**[www.psychosissucks.ca](http://www.psychosissucks.ca)**

A Canadian site that has helpful explanations of psychosis.

**[www.talktofrank.com](http://www.talktofrank.com)**

To obtain confidential advice about any illegal drug.

**[www.rcpsych.ac.uk](http://www.rcpsych.ac.uk)**

Search 'psychosis' for useful information and publications for young people, families and carers.

**[www.dpt.nhs.uk/STEP](http://www.dpt.nhs.uk/STEP)**

Further information about the service we provide.

## Helpful contacts

**Your GP surgery**

**Your College/University counselling service**

**PALS: 01392 675 686**

**NHS 111** - If you have an urgent medical need that cannot wait until your GP surgery reopens please call 111

**Samaritans: 116 123.**

# How can I get help?

If you are concerned about yourself or someone you know it is important to talk to your doctor or someone that you trust. You can also contact the local STEP Team in your area:

## **North and Mid Devon**

West Pilton Health and Wellbeing Clinic

Youings Drive

Barnstaple

Devon

EX31 1QL

t: 01271 443 255

## **Torbay, South and West Devon**

Estuary House, Collett Way

Brunel Industrial Estate

Newton Abbot

TQ12 4PH

t: 01392 388 215

## **Exeter and East Devon**

Wonford House

Dryden Road

Exeter

EX2 5AF

t: 01392 208 900

***St Johns Court***

St Johns Road

Exmouth

EX8 4DD

t: 01395 220 100

***Haydons Court***

Marlpits Lane

Honiton

EX14 2DE

t: 01404 541 640

## Contact information

If you require this leaflet in a different format or language please ask a member of our staff.

If you would like to provide feedback about our services please contact:

### **Patient Advice and Liaison Service (PALS)**

Devon Partnership NHS Trust  
Franklyn House  
Franklyn Drive  
Exeter  
EX2 9HS



01392 675686



dpn-tr.pals@nhs.net

[www.dpt.nhs.uk](http://www.dpt.nhs.uk)