### **SOLITUDE**

The silence consumes me I rhyme within.
There is a quiet song Inside, my body moves
And my spirit is free.

Sheltered, and sensitive, I shield Away in clouds. I float As in a womb. The warmth Covers, consoles, rocks me Sound, centered, still;

I, awake, sleep In dreams.



Flowers against Blue

### TIPS FOR HEALTHY LIVING

- ★ Find a hobby you enjoy
  - **★** Get adequate rest
  - \* Eat a balanced diet
    - \* Exercise
- **★** Pursue positive relationships
- **★** Talk to family and friends

#### **ACKNOWLEDGEMENTS**

The EPI Youth and Family Education Initiative developed in partnership with the Ontario Working Group on Early Intervention in Psychosis (www.earlypsychosis.com).

Special thanks to EPI youth for their art and poetry in this brochure.

Funded by an educational grant from Janssen-Ortho Inc.



\*All trademark rights used under license

061361



the Growing Tree



www.gethelpearly.ca
EPI Youth and Family Education Initiative

### What is psychosis?

Psychosis is a condition of the brain in which some loss of contact with reality occurs. It usually develops in young people aged 16 to 30 when they are at the prime age of their lives. With early and appropriate treatment, most people fully recover from psychosis.

### What are the early signs and symptoms of psychosis?

Early psychotic symptoms can include feeling spacey or disoriented, difficulties concentrating, moodiness, sleep disturbance, loss of energy, withdrawal from family and friends, suspiciousness, fixed unusual beliefs, and seeing or hearing things that are not discernable to others.

## Why is early intervention important?

Medical and psychological intervention during a young person's first episode of psychosis helps to avoid slow, incomplete recovery. Early diagnosis and treatment prevents cognitive deterioration and other problems associated with delayed treatment.

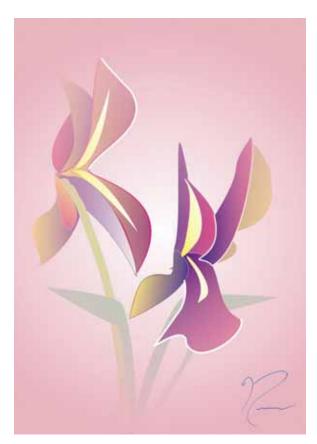
# What are the benefits of learning more about psychosis?

Education is a key component to managing psychosis effectively and enjoying lasting recovery. Like any medical condition, knowing the ins and outs of psychosis helps ensure good health.

The following poems & artwork were submitted by EPI youth.

#### **UNTITLED**

reach my world of three dimensional thought touch my scattered thoughts and try to grind together tails of imagination that were always meant to be but pick threads of creativity apart and throw them into the air and pick them back up in whatever way you want and weave your thoughts and emotions and senses into one big dream



#### UNTITLED

I want to say
Goodnight
To the darkness
And wake lazily
To sunshine
Licking at my toes
Stretching over me
And consuming me
With heat.

I would like
To calm
The winds of rage
Hurling
Against the walls
Of my mind.

For once
I would like the silence
To overcome
The howling
Of the storm
Inside me.

I tell myself One more day One more chore Until I am myself.

One more day
One more hour
One more minute
One more second...

Of darkness

Until the storm breaks And the light of day Shines through.