

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

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the Growing Tree

Psychosis
don't wait...get help early

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



Iris

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.