

# About the Lynx Program

Lynx is an early psychosis intervention program committed to helping people who are experiencing a first episode of psychosis recover and get their lives back on track. Lynx serves the City of Kawartha Lakes and Peterborough, Haliburton, and Northumberland counties. The program offers:

- Early identification
- Rapid response and screening
- Psychiatric and nursing services
- Family support
- Case management
- Peer support
- Social outings
- Educational and vocational support
- Long-term commitment

The Lynx team works with individuals and their families to identify and understand challenges, determine a diagnosis, and develop a treatment and recovery plan tailored to each situation.

# Lynx: Early Psychosis Intervention Program

Campbellford (705) 632-2015

Cobourg (905) 377-9891

Lindsay (705) 324-6111, ext. 8227

Peterborough (705) 748-6711, ext. 0

Haliburton (705) 286-4575

Toll-Free 1-866-990-9956

[www.lynxtracks.ca](http://www.lynxtracks.ca)



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Lynx: Early Psychosis Intervention Program

# Calm the storm



If you're  
having difficulty  
thinking clearly,  
we can help.

**1-866-990-9956**

[www.lynxtracks.ca](http://www.lynxtracks.ca)



“What he says just doesn't make sense.”

“People are out to get me.”

“She has completely withdrawn from everyone.”

“He's so agitated all the time.”

“They didn't think I was weird.”

“Someone called back right away.”

“My worker listened to me.”

“They were friendly and helpful with the whole family.”

“I feel like I got my life back.”

“She's back to school and doing well.”

“I'm hopeful about my future.”

“He's hanging out with friends again.”

## EARLY SIGNS OF PSYCHOSIS

- Suspiciousness
- Things seem different, unreal, or surreal
- Friends and family say you seem different
- Not doing well at school or work
- Social withdrawal
- Decrease/increase in energy

## COMMON SYMPTOMS OF PSYCHOSIS

- Hallucinations
- Delusions or false beliefs that:
  - you are being followed
  - people can hear your thoughts
  - you have special powers or abilities
  - you are aware of plots or conspiracies
  - thoughts are being put into your head
- Confused thinking
- Changes in behaviour, mood, and/or communication
- Suicidal thoughts, depression, anxiety

## PSYCHOSIS

Psychosis occurs in approximately three percent of the population. It affects the ability of the mind to accurately distinguish what is real from what is not. Psychosis can be treated effectively. Symptoms of psychosis occur in a wide variety of mental and physical disorders. The onset is usually during adolescence, due to several factors, including biology (genetics, brain changes, neurotransmitters), as well as stress, trauma, and drug use.

Research shows that if psychosis is identified early, many problems can often be prevented and disruption to a person's life can be kept to a minimum. With early treatment, recovery can begin faster. Medication can be effective in the treatment of acute psychotic symptoms. The Lynx team helps to identify many clear steps towards a return to previous levels of activity in academic, interpersonal, work and social life.

## RECOVERY

Recovery from psychosis is a personal journey towards regaining control, meaning and joy in living. The path to recovery includes learning about psychosis and understanding ways to prevent further episodes. The recovery process will be more successful when individuals and their families:

- Work together in a team approach
- Support an active healthy life style
- Learn to recognize early warning signs
- **Learn to manage stress in healthy ways**
- Avoid triggers, prevent relapse
- Build a solid social support network
- Enjoy leisure activities with friends
- Find meaningful work, education

While each pathway to recovery is unique, research evidence has shown that these steps are effective in helping to regain an excellent quality of life.