

Understanding Psychosis

Wednesday 20th November 2019, 1-4pm, Civic Suite, Catford

Half-day **FREE** workshop **led by NHS staff and service users:**

- What psychosis is and how it develops
- Identifying signs and symptoms in young people
- Breaking stigma
- Referral pathways and treatment options



Did you know?

- 1/3 of us hear noises or voices at some point in our lives
- Some of us are at a higher risk of developing severe mental illness: early detection leads to quicker recovery and better outcomes
- Only 5% of people who develop psychosis seek support in the early stages of this experience

Attendees will be asked to complete an anonymised pre and post questionnaire as part of an NHS service evaluation.

Register for a ticket at www.eventbrite.com/e/understanding-psychosis-tickets-76437469529

www.meandmymind.nhs.uk

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