



### ***Want to learn more?***

**Psychosis affects 3 in 100 people**

**It usually develops between the ages of 15 and 35**

**People often delay before getting help**

**Early treatment is key to recovery**

**Common symptoms of psychosis are**

- **Hearing voices**
- **Fixed false beliefs**
- **Disjointed thinking**
- **Emotional bluntness**
- **Lack of motivation**

**Common early signs of psychosis are**

- **Social withdrawal**
- **Impaired concentration**
- **Suspiciousness**
- **Deteriorating self care**
- **Worsening school/work performance**
- **Reduced motivation**

**Concerned about yourself or a family member?**

**If so,**

**Consult your GP they know how to help**



IN ASSOCIATION WITH THE DELTA PROJECT

### **DETECT**

**Early Intervention In Psychosis**

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A St. John of God Service



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



## **Frequently Asked Questions**



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## Frequently Asked Questions

*What does DETECT stand for?*

DETECT stands for **D**ublin and **E**ast **T**reatment and **E**arly **C**are **T**eam

*Who is it for?*

DETECT is a service for those with a first episode of psychosis or emerging psychosis.

*Is DETECT free?*

Yes, DETECT has been funded by the Hospital Order of St. John of God and the Health Service Executive.

*How can I avail of it?*

DETECT is available through General Practitioners who can refer by asking for a specialist opinion from the local mental health service (areas 1, 2 and 10). Once DETECT has been informed that an assessment is required contact is initiated within 72 hours.

*What is psychosis?*

Psychosis is the term used to describe a loss of touch with reality. People experience psychosis for a variety of reasons. It may be due to drug use or severe mood conditions. The most common form of psychosis is schizophrenia. Schizophrenia is not split personality and contrary to popular belief people with schizophrenia or psychosis are no more violent than others.

*How are DETECT and psychosis linked?*

DETECT is an Irish early intervention in psychosis project in South Dublin and Wicklow. DETECT aims to increase public awareness of psychosis and let those who experience psychosis, their families and friends know that help is available.

*Why is earlier better?*

Schizophrenia and other forms of psychosis are treatable and like all health conditions the earlier the treatment the faster the recovery. Early treatment is also vital in preventing symptoms becoming severe, disabling and ingrained.

*What does a DETECT assessment involve?*

Assessment for psychosis is normally carried out in the person's own home or in an out-patient clinic. It usually requires a number of meetings of about 90 minutes each where a doctor, nurse or other mental health professional asks important questions about symptoms and everyday life to establish what type of problems, if any, a person is having. Our families often know us best and we usually consult them to know how a person has been both physically and mentally over the last few months and years. Finally blood tests and brain imaging may also be used in the assessment process. All of this information helps to make an accurate diagnosis and plan effective treatment.

*Can I have the assessment if I am in hospital?*

Yes, DETECT will carry out assessments if you are a patient in a psychiatric hospital and will continue it at home if you are discharged during the assessment process.

*What treatment services are available?*

DETECT offers three treatment modules –

1. cognitive behavioural therapy for psychosis;
2. a carer information and support course
3. a recovery programme

These are all offered through the community mental health service.



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*Where can I go for further information?*

Check out [www.detect.ie](http://www.detect.ie) and [www.recover.ie](http://www.recover.ie)

Or call us on 01-2366730