**headspace Early Psychosis Program**

**About the program**

**headspace** Early Psychosis offers early intervention and specialist support services to young people experiencing, or at risk of, psychosis. The program aims to prevent disruptions in a young person’s life and lessen the duration of untreated psychosis. It offers intensive integrated services for young people and their families.

**The program offers:**

* Evidence-based early treatment with a multidisciplinary team
* Psycho-education
* Psychiatric support
* Comprehensive recovery programs
* Outreach services
* After-hours and crisis support
* Support for families
* Psychological therapies
* Group programs
* Case management

**hYEPP service criteria:**

* 12 to 25 years old
* Young people who are experiencing their first episode of psychosis, or;
* Young people who are at risk of developing psychosis. This may include young people who have a decline in functionality, have transient psychotic symptoms and/or have a family history of psychosis.

**Exclusion criteria:**

* Under the age of 12 years or over the age of 25 years old at time of referral
* Aged between 12 – 25 years who have had more than 6 months of treatment for psychosis by another mental health service or private psychiatrist / General Practitioner
* Present with symptoms only in the context of substance intoxication
* If the young person is more likely to benefit from some other service or program

**headspace Primary Care**

**About the Program:**

**headspace** Primary Care (**h**PC) is an early intervention service which provides face-to-face information and support to young people, aged 12 - 25, and their families and friends.

**The program offers:**

* Evidence based early treatment with a multidisciplinary team
* Help with mental health, general health, alcohol and other drug services, as well as work and study support
* Individual and group programs
* A ‘no wrong door’ policy, which supports the young person in being connected with the best service to suit their goals, whether it be within headspace, or through a warm transfer to a more specialised external service.

**hPC service criteria:**

* 12 to 25 years old
* The young person is help seeking and would benefit from a primary care, early intervention response
* The young person would benefit from accessing an available service at the headspace centre which could include short term mental health support (from 1 – 10 individual sessions), group programs, alcohol and other drugs support services, vocational and educational support services and physical and sexual health support services
* The young person does not require urgent, immediate or a crisis response