The word psychosis describes a state of mind in which people have trouble knowing what is real and what is not. When this happens, it is called a psychotic episode. A first episode of psychosis is often very frightening, confusing and distressing, especially because it is an unfamiliar experience.

About three out of every 100 people will experience an episode of psychosis in their lifetime. Psychosis affects men and women equally and occurs across all cultures and socioeconomic groups. Psychosis usually first appears in a person's late teens or early twenties. Psychotic illnesses seem to affect women at a later age than men, when women may be farther along in their social and work lives.

A number of mental illnesses can include psychosis as a symptom, including schizophrenia, bipolar disorder, schizoaffective disorder and drug-induced psychosis.

You can get a referral to many mental health services in Toronto, including those for psychosis, through The Access Point. This is a centralized point to apply for mental health and addiction support services and supportive housing. The Access Point co-ordinates access to a wide network of service providers through one application and intake assessment process. Call 1 888 640-1934 or apply online at www.theaccesspoint.ca. The service will respond within 48 hours to arrange an assessment.

Early Intervention Programs

Early intervention programs offer support for people who have experienced early signs and symptoms of psychosis. These people may have trouble concentrating or thinking clearly, they may withdraw from family and friends, be suspicious of other people and be confused about what is real and what they have imagined. They may also have hallucinations (in which they see or hear things that aren’t there) and experience unusual changes in their behaviour.

Psychiatrists help with medication, and a team also helps with employment and education support, family support, social skills training and psychotherapy. Early intervention programs minimize disruptions to the person’s work, school and relationships, and improve the chances of a more successful recovery. These programs also decrease the need for hospitalization.

If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please e-mail the information to us at access.resources@camh.ca.

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Many of the organizations listed below are part of a group of Toronto-based early psychosis intervention programs. They are generally for people aged 14 to 34 who are having a first episode of psychosis and have been in treatment for less than a year. The programs usually provide up to three years of service, after which the person is referred to other types of services as needed.

**Canadian Mental Health Association Toronto**

Lawrence Square Mall, 700 Lawrence Ave. West, suite 480, Toronto, ON  
www.toronto.cmha.ca  
416 789-7957 ext. 3631  
**Services offered:** Early psychosis intervention program, transitional youth program  
**Eligibility:** People age 16 to 34 who are experiencing a first episode of psychosis  
**Languages:** English, French  
**Referral:** Apply through The Access Point: Call 1 888 640-1934 or apply online at www.theaccesspoint.ca.

**Central Toronto Youth Services**

65 Wellesley St. East, suite 300, Toronto, ON  
www.ctys.org/category/programs  
416 924-2100  
**Services offered:** Program for young adults that includes early intervention (New Outlook) and up to three years of case management  
**Eligibility:** People age 15 to 24 with serious mental illness (primarily psychotic disorders)  
**Referral:** Apply through The Access Point: Call 1 888 640-1934 or apply online at www.theaccesspoint.ca.

**Centre for Addiction and Mental Health, Early Psychosis Unit and Slaight Centre Outpatient Services**

250 College St., 7th floor, Toronto, ON  
www.camh.ca/en/your-care/programs-and-services/slaight-centre-early-intervention-service (Slaight Centre)  
www.camh.ca/en/your-care/programs-and-services/early-psychosis-inpatient-unit (Early Psychosis Unit)  
416 535-8501 ext. 36496 (Access CAMH outpatient co-ordinator) or ext. 34841  
**Services offered:** Early Psychosis Unit (18-bed inpatient unit) and Slaight Centre Outpatient Services offer early assessment, recovery-focused treatment, education and support for families, supported education and employment, recovery programming  
**Eligibility:** People age 16 to 29 experiencing a first episode of psychosis  
**Referral:** Self-referral; referral from a physician or nurse practitioner, hospital, community agency or school. The Early Psychosis Unit can be accessed through a transfer from CAMH’s emergency department or from another hospital. Download the referral form from the website.

**Centre for Addiction and Mental Health, Focus on Youth Psychosis Prevention**

252 College St., Toronto, ON  
416 535-8501 ext. 32517  
fypclinic@camh.ca  
**Services offered:** Assessment for people with early warning signs of psychosis; early intervention to prevent youth psychosis (e.g., psychosocial and/or pharmaceutical treatment); psychiatric monitoring; six months of follow-up care, including a 10-week group therapy program  
**Eligibility:** People age 16 to 35 who are at risk of developing psychosis.

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Referral: Self-referral; physician, hospital, community agency or school
Note: One- to three-week waiting period

Early Psychosis Intervention Ontario Network (EPION)
help4psychosis.ca/looking-for-help/where-to-get-help
Services offered: Links to support services for yourself or for a loved one, with an interactive map

Fred Victor
2660 Eglinton Ave. East, Scarborough, ON
www.fredvictor.org/community-mental-health-services
416 482-4103
Services offered: Early intervention program that provides culturally appropriate case management for clients and their loved ones
Eligibility: People age 14 to 35 who are experiencing a first episode of psychosis, and their families
Referral: Self-referral, family referral or referral from a health care provider through The Access Point: Call 1 888 640-1934 or apply online at www.theaccesspoint.ca.

Humber River Hospital
1235 Wilson Ave., 5th floor, Toronto, ON
www.hrhc.ca/mhearlyintervention
416 242-1000 ext. 43000
Services offered: Early intervention psychosis program that includes consultations, assessments, individual- and group-based therapy for clients and their families
Eligibility: People age 14 to 35 who are experiencing a psychotic episode
Referral: Anyone can apply by contacting The Access Point: Call 1 888 640-1934 or apply online at www.theaccesspoint.ca. Referral by a physician is required: the referral can be faxed to central intake at 416 242-1024, after which an appointment will be scheduled.

Mood Disorders Association of Ontario
36 Eglinton Ave. West, suite 602, Toronto, ON
www.mooddisorders.ca
416 486-8046 ext. 237 or 1 888 486-8236
Services offered: Early intervention in psychosis program, online support forums
Eligibility: People age 14 to 35 with mood disorders, and their families and friends
Referral: Self-referrals accepted by calling the main number at 416 486-8046.

Rouge Valley Health System
2877 Ellesmere Rd., Scarborough, ON
www.rougevalley.ca/first-intervention-treatment-team-fitt
416 281-7301
Services offered: Early intervention treatment team that provides consultations, assessments, individual and family counselling, housing, financial, employment and schooling assistance and mutual help groups
Eligibility: Young adults under 35 years old experiencing their first episode of psychosis
Referral: Self-referral through The Access Point: Call 1 888 640-1934 or apply online at www.theaccesspoint.ca.
Fees: Covered by OHIP

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Schizophrenia Society of Ontario
www.schizophrenia.on.ca
1 800 449-6367
asktheexpert@schizophrenia.on.ca (for families)
Services offered: Early intervention for people with psychosis; early intervention family support (counselling, system navigation and information)—both for up to two years
Referral: Apply directly.

St. Michael’s Hospital, STEPS for Youth
21 McGill St., Toronto, ON
www.stmichaelshospital.com/programs/mentalhealth/steps.php
416 864-6060 ext. 7183
steps@smh.ca
Services offered: Assessment; treatment; support with school, work and social activities; family education and support; referral to community services; weekly group programs
Eligibility: People age 16 to 35 who are experiencing a first episode of psychosis and live within the catchment area: between Bloor Street East/Danforth Avenue and Lake Ontario and between Yonge Street and Victoria Park Avenue
Referral: Self-referral through The Access Point: Call 1 888 640-1934 or apply online at www.theaccesspoint.ca.

The Toronto Early Intervention in Psychosis Network
www.torontoearlypsychosis.com
416 789-7957 ext. 281
kloconnor@cmha-toronto.net
Services offered: A network of 14 hospitals and community agencies in Toronto offering resources and links to member organizations; information on early psychosis and recovery and how to get help for oneself or a loved one
Eligibility: People wondering whether they are experiencing psychosis; people worried about a friend or loved one; service providers looking for help for clients

Toronto Western Hospital, Asian Initiative in Mental Health Clinic
399 Bathurst St., East wing, 9th floor, Toronto, ON
www.uhn.ca/MCC/PatientsFamilies/Clinics_Tests/Asian_Mental_Health
416 603-5071 (Early Intervention in Psychosis)
Services offered: Assessment; outpatient treatment and case management; pharmacotherapy, psychotherapy and counselling; referral to health and social service agencies; public education (Early Intervention in Psychosis)
Eligibility: People age 16 to 45 who are experiencing a first episode of psychosis, are members of the Chinese community in Toronto and have received medical treatment for less than one year
Languages: English, Mandarin, Cantonese
Referral: Self-referral through The Access Point: Call 1 888 640-1934 or apply online at www.theaccesspoint.ca. Referral forms are available on the website.

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Family Support

Canadian Mental Health Association, Family Outreach and Response Program
2333 Dundas St. West, suite 501, Toronto, ON
1200 Markham Rd., suite 500, Scarborough, ON
www.toronto.cmha.ca/family-support
416 539-9449 (Toronto), 416 789-7957 ext. 3329 or 3299 (Scarborough)

Services offered: Individual, family and group support
Eligibility: Family and friends of people age 14 to 34 who are experiencing a first episode of psychosis, regardless of a diagnosis
Referral: Call to reserve a space
Languages: English and Tamil

Family Association for Mental Health Everywhere (FAME)
50 Burnhamthorpe Rd. West, suite 300, Mississauga, ON
www.fameforfamilies.com
905 276-8316

Services offered: Eight-week educational groups for people who have a family member experiencing a first episode of psychosis
Eligibility: Families in Peel Region
Referral: Call or e-mail

Psychosis Support
psychosissupport.ca

Services offered: Information and coping strategies for family members who have a loved one with serious mental illness (includes text and videos)
Eligibility: Family members who have a loved one with a serious mental illness

Community Support

Across Boundaries: An Ethnoracial Mental Health Centre
51 Clarkson Ave., Toronto, ON
www.acrossboundaries.ca
416 787-3007

Services offered: Psychiatric consultation, drop-in, community outreach, family support, individual and group support, case management, support groups, art and music therapy, community kitchen
Eligibility: People age 16+ in the GTA from racialized communities who have severe mental health or substance use problems
Referral: Apply through The Access Point: Call 1 888 640-1934 or apply online at www.theaccesspoint.ca.
Languages: English; many African, Caribbean and Central and South Asian languages

Cota
59 Adelaide St. East, 2nd floor, Toronto, ON

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