



Our services: Early Psychosis Intervention Service



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The Hornsby Ku-ring-gai Hospital Early Psychosis Intervention Service (HKH EPIS) addresses the needs of young people (18-26 years), who have a primary diagnosis of psychosis, with onset in the last 12 months. Support is also available for the family of the young person. The service is situated in the cottage at 1 Derby Road, on the grounds of Hornsby Ku-ring-gai Hospital. It is designed to be as informal and user friendly as possible whilst still providing easy access to medical facilities. The service provides case management and a recovery programme.

✓ [Who are we?](#)

The Hornsby Ku-ring-gai Hospital Early Psychosis Intervention Service (HKH EPIS)

✓ [What do we do?](#)

The Hornsby Ku-ring-gai Hospital Early Psychosis Intervention Service (EPIS) addresses the needs of young people (18-26 years), who have a primary diagnosis of psychosis, with onset in the last 12 months. Support is also available for the family of the young person.

The service is designed to be as informal and user friendly as possible whilst still providing easy access to medical facilities. The service provides case management and a recovery programme. HKH EPIS aims to:

- Provide information for young people and their families about psychosis, coping strategies and medication.
- Minimise disruption to a person's life
- Provide psychological interventions on an individual basis and through group

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- programmes during recovery
- Provide support during recovery
- Prevent or reduce the possible impact of symptoms such as depression, anxiety and lack of motivation
- Increase the young person's sense of mastery and control over their symptoms
- Minimise sense of social isolation for young people who have experienced psychosis
- Reduce the incidence and severity of relapse

Interventions provided to EPIS clients include:

- **Case Management**

Case Management is provided for all people who meet the Early Psychosis Intervention Service entry criteria (i.e. aged 18 – 26 years; primary diagnosis of psychosis, onset within the last 12 months). Case Management will be provided for a period of between eighteen months and three years depending on need.

- **Group Program**

The recovery programme, "Pathways", takes place at EPIS. The program includes a variety of activities encompassing:

- Education about psychosis
- Coping and stress management
- Social and leisure activities
- Personal development
- Vocational issues

The programme is designed to be interactive and to have a focus on recovery and achievement of personal goals.

- **Family Support**

The HKH Early Psychosis Intervention Service understands that the young person's experience of psychosis has a major impact on their family. The service is committed to providing the families with support and information about psychosis. A range of services are provided to meet these needs, such as family education groups and individual family sessions.

✓ How you can access our service

Referrals may be made through the Central Intake facility of the Community Mental Health Service by telephoning **9477 9520** at any time between 8.30am and 4.30pm.

Emergency or crisis intervention can be accessed after hours by phoning the same number.

✓ Where you can find us

We are located on the campus of Hornsby Ku-ring-gai Hospital.

Our address is 1 Derby Road
Hornsby NSW 2077

✓ How you can contact us

New referrals call: 02 9477 9520

Current clients call: 02 9477 9177

✓ What are our hours?

The Early Psychosis Intervention Service operates Monday to Friday, 8.30am – 5.00pm

✓ More information

We have fact sheets on a number of mental health topics: ['Someone in my family has psychosis': Information for young people \(primary school age\)](#), ['Someone in my family has psychosis: information for young people \(high school age\)](#), ['What is psychosis?'](#), [The Mental Health Act](#), ['How can family and friends help with someone who is experiencing a psychotic episode and using street drugs?'](#). More fact sheets and booklets will be added in the

coming months.

We have more information on **adult mental health** and our individual services: **Acute Care Team**, **Aged Care Psychiatry Service**, **Lindsay Madew Unit**, **Hornsby Residential Support Services**, **Wahroonga Rehabilitation Service**. There is also a Northern Sydney Health website for **NSH EPIS** services.

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Last updated 25 August 2005

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