


# Early Intervention in Psychosis Service

(Engagement, Hope and Recovery)

Welcome to **aspire**





**“aspire** has helped me  
to express my feelings  
and be able to talk  
about them.”



# Welcome to **aspire**

**aspire** is the Leeds Early Intervention in Psychosis Service. We are funded by the NHS but are part of an organisation called Community Links. We provide support for people who are or may be experiencing a first episode of psychosis.

**This booklet explains who we work with and what we do.**

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## What do we do?

We work with people experiencing a first episode of psychosis aged from 14 to 65 years old, providing mental health support in the community for a period of up to three years. Our focus is supporting people to reach their recovery goals. We also work with their families, partners and friends.

## Who we are?

We are a team of professionals from a range of backgrounds. We provide mental health support in:

- Managing and making sense of your mental health
- Talking therapy and Drama therapy
- Medicine for mental health
- Housing, employment, education and training
- Your physical health
- Social recovery and accessing groups

We also provide support for families and carers.





## What is psychosis?

**Psychosis is a term for unusual beliefs or experiences that cause distress.**

It may include one or more of the following experiences:

- Hearing, seeing, smelling or tasting things that other people around you don't.
- Feeling that other people are trying to harm or target you.
- Having beliefs that others do not. For example, the belief that someone else is controlling your thoughts.
- Difficulty concentrating or thinking, sometimes due to being distracted by some of the things that are going on for you.
- Feeling that your thoughts or actions are no longer private - that others may know or can hear your thoughts.
- Speaking in a way that is hard for others to follow.
- Withdrawing, becoming quieter and finding it harder to do things.

These experiences can be really scary and confusing. However, many people may experience this at some point in their lives.

We support people when their experiences are impacting their day-to-day life and causing distress.





## What causes psychosis?

**This is a difficult question to answer as there are many different views about this. There may be lots of complex reasons why somebody experiences psychosis.**

Some of the most commonly discussed causes:

### **Traumatic life experiences**

Psychosis can occur when we experience difficult circumstances. These may be obviously traumatic events, such as bullying or bereavement, or less obvious events in our lives that have impacted us.


### **Drug use**

This may be connected to psychotic experiences, but the connection may be complicated and vary in many ways.

### **Hereditary factors**

There may be a genetic vulnerability towards mental distress.

You may not know why you are experiencing these things. Working with our team can help you and others to understand why this is happening.







## Why is early intervention so important?

**aspire** aims to identify and support those experiencing psychosis as early as possible. This is because research shows that the sooner a person receives support, the likelihood of their long-term recovery increases.

The process of recovery is different for everyone. Some people have a single mental health crisis whilst others might have experiences that continue to cause them distress but which can become easier to manage with time.

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## Meeting with us

In order to be as accessible as possible we meet with people in a range of places, including:

- In your home
- At our office
- Places you feel comfortable for example cafés, your GP's or parks
- In hospital

We think that it is really important that we:

- Are accepting, understanding and value people
- Believe in people, their abilities and their potential
- Provide a safe and supportive environment
- Are accessible to all



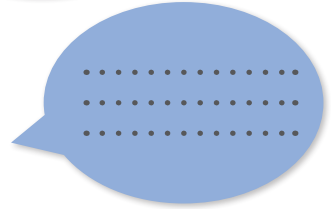
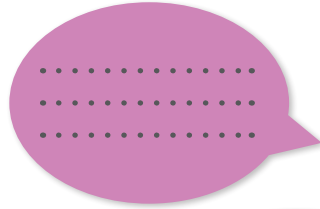


## What we offer?

When you are referred to us we will try and work out if we are the right service to offer you support.

From this assessment we will find out if a longer period of support would be helpful.

We would then offer regular appointments to plan and provide this support for you.



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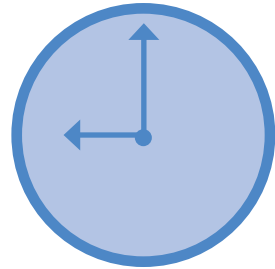
## How can I access support?

We accept self-referrals, referrals from family/friends and referrals from professionals.

To make a referral you can call us on the phone or send us an email. If you are unsure and would like to discuss a referral, please contact us:

**0113 2009170**

**[aspiredutydesk.lypft@nhs.net](mailto:aspiredutydesk.lypft@nhs.net)**



**We are open  
Monday to Friday  
9.00am-6.00pm**

We always want to get better at what we do so if there are things that you think should be done differently, we always want to know.



## Did you know...?

- You can ask to look at the notes that **aspire** keeps about you and your support.
- We welcome any comments, compliments or complaint that you may have regarding your support or the service.

If you would like further information please ask your worker or call the office for details. We have a leaflet that explains our complaints process.

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## Contact **aspire**:

- 0113 2009170
- [aspiredutydesk.lypft@nhs.net](mailto:aspiredutydesk.lypft@nhs.net)
- [www.aspireleeds.com](http://www.aspireleeds.com)
- 1 Armley Court  
Armley Road  
Leeds, LS12 2LB