

# headspace Early Psychosis

Spot the signs and symptoms early and refer a young person at risk of developing psychosis

## Referral criteria for an assessment with headspace Early Psychosis

- Patient is aged between 12–25
- Functional decline in the past 3 months  
(For example: difficulty getting to school or work, decrease in wanting to socialise or engage in usual activities, decrease in school grades)

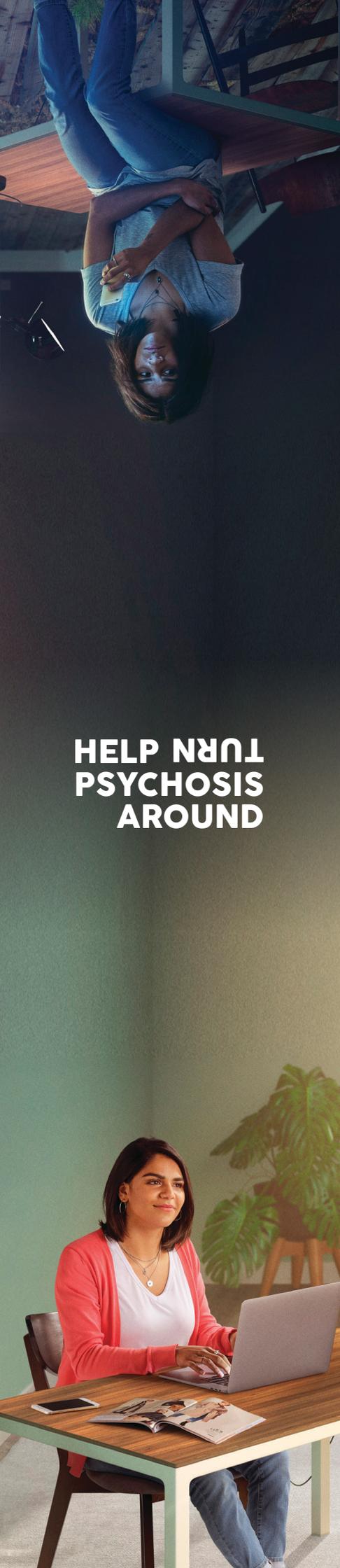


## With any of:

- Positive symptoms**
  - Delusional beliefs (unusual beliefs not in line with the young person or family's beliefs)
  - Hallucinations (seeing things, hearing things that others don't experience)
  - Disordered thinking or speech (difficulty constructing sentences)
  - Disorganised behaviour (behaviour that is unusual for the young person)
- Negative symptoms**
  - Diminished emotional expression (range of emotional expression is restricted)
  - Social withdrawal (decrease in usual activities, staying home more frequently, not seeing friends)
  - Lack of motivation (lacking in energy, self esteem or confidence)
  - Cognitive decline (such as level of orientation to reality, memory changes, decrease in attention and concentration)
- First degree relative with psychosis**
  - Schizophrenia spectrum disorders
  - Bipolar affective disorder
  - Substance / medication induced psychosis



HELP TURN  
PSYCHOSIS  
AROUND





**Please tick one box for each question**

|   | Yes,<br>definitely<br>(2) | Maybe<br>(1)          | No,<br>never<br>(0)   |
|---|---------------------------|-----------------------|-----------------------|
| 1 Some people believe that their thoughts can be read by another person. Have other people ever read your mind? | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> |
| 2 Have you ever had messages sent just to you through TV or radio?  | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> |
| 3 Have you ever felt you were under the control of some special power?  | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> |
| 4 Have you ever heard voices or sounds that no one else can hear?   | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> |
| 5 Have you ever seen things that other people could not see?  | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> |
| 6 Have you ever felt like you had extra-special powers?   | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> |
| 7 Have you ever thought that people are following or spying on you?   | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> |
| <b>Total score</b>  |                           |                       | <input type="radio"/> |

If the score is 3 or more, please refer to **headspace Early Psychosis** for professional help and support.

headspace offers specialist services to help young people experiencing psychosis. To learn more about how to recognise early psychosis symptoms or refer a young person for support, visit:

[headspace.org.au/earlypsychosis](https://headspace.org.au/earlypsychosis)

### what happens next?

Our team will contact the young person or parent for a full assessment. We will provide you with the outcome and feedback.