



# First Episode Psychosis: An Information Guide

*Sarah Bromley, Monica Choi*

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## **First Episode Psychosis: An Information Guide** Sarah Bromley, Monica Choi

A first episode of psychosis is confusing and frightening for those who experience it, and for their family and friends. This distress is heightened when those involved don't understand what is happening, and what can be done to help. This brief and helpful guide outlines the symptoms, phases, causes, different types and the treatment of psychosis. This knowledge can help to increase understanding, and to promote recovery.

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