



Happier | Healthier | Hopeful

# Amaze

## Early intervention for young people experiencing symptoms of psychosis

**The Amaze service is for young people aged 14–65 experiencing symptoms of psychosis or who are at risk of developing these symptoms.**

We offer evidence-based interventions from a team of mental health professionals, including

- nurses
- occupational therapists
- social workers
- psychiatrists
- psychologists

Amaze engages with young people on their own terms, focusing on maintaining social roles and reaching individual goals.

### What is psychosis?

These can be some of the early signs of a developing psychosis which can happen to anyone, regardless of age, culture or intelligence:

- feeling suspicious, not trusting people or having paranoid thoughts
- feeling anxious or panicky
- mood changes, e.g. feeling depressed or low
- becoming or feeling isolated and withdrawing from social situations, e.g. not going out or seeing your friends as much
- having problems with relationships, work or school
- perceptual changes, e.g. hearing voices

Approximately 3 people in every 100 will develop psychosis.

Psychosis is treatable – recovery is expected.

Remember we have 10 working days from a suspected psychotic illness to commence treatment to facilitate long term recovery.

**Don't be afraid to ask for help for yourself or someone you know.**



## Find out more

### **Mental Health Foundation**

Clear information on every aspect of mental health

[www.mentalhealth.org.uk/help-information/mental-health-a-z/P/psychosis/](http://www.mentalhealth.org.uk/help-information/mental-health-a-z/P/psychosis/)

### **Mind**

Independent support and advice

[www.mind.org.uk/information-support/types-of-mental-health-problems/psychosis/](http://www.mind.org.uk/information-support/types-of-mental-health-problems/psychosis/)

### **Rethink**

Directly supports almost 60,000 people every year across to get through crises, to live independently and to realise they are not alone.

[www.rethink.org/diagnosis-treatment/conditions/psychosis](http://www.rethink.org/diagnosis-treatment/conditions/psychosis)

### **Samaritans**

Confidential telephone support, 24/7

[www.samaritans.org.uk](http://www.samaritans.org.uk)

### **Sane**

Support and information for everyone affected by mental illness.

[www.sane.org.uk/resources/mental\\_health\\_conditions/psychosis/](http://www.sane.org.uk/resources/mental_health_conditions/psychosis/)

### **Centre for Mental Health**

Research to inform policy and practice

[www.centreformentalhealth.org.uk/](http://www.centreformentalhealth.org.uk/)

## **Contact us**

To find out more about Amaze, or to speak to an Amaze practitioner in your area, contact the Amaze team

Tel: 01768 245521

Email: [A-Maze@cumbria.nhs.uk](mailto:A-Maze@cumbria.nhs.uk)

## Confidentiality

**‘The Trust’s vision is to keep your information safe in our hands.’**

We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the Information Governance Team on 01228 608998 or email [Information.Governance@cumbria.nhs.uk](mailto:Information.Governance@cumbria.nhs.uk)

## Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team.

Email: [PET@cumbria.nhs.uk](mailto:PET@cumbria.nhs.uk) Tel: 01228 602128 Freephone: 0800 633 5547

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call:

**01228 603890**

E:[communications.helpdesk@cumbria.nhs.uk](mailto:communications.helpdesk@cumbria.nhs.uk)

Or write to Engagement and Communications  
Voreda House | Portland Place | Penrith | CA11 7QQ



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