

Clinical Toolkit

Clinical Tips: Supporting Young People with Psychosis

When working with a young person with psychosis, GPs have a role in engaging the young person, assessing risk, managing acute symptoms and referring appropriately. GPs also play an important role in supporting a young person's recovery from psychosis. Some ways that a GP can support recovery are:

- Close liaison with, and advocacy in, the patient's local mental health network. A case management approach through a local CAMHS or Early Psychosis intervention team can be very helpful in supporting the young person and avoiding relapse.
- Provide support to the young person's family to help the young person's recovery, especially if they are living at home.
- Provide support with any trauma experienced in the acute phase, and grief associated with perceived losses from illness.
- 'Watchful waiting' might be required, with the GP providing a safe base if the young person makes mistakes, e.g. non-adherence in the course of coming to a more mature level of self-care.
- Monitor antipsychotic treatment and metabolic indices.
- Support general health, including sexual health, reduce substance use and provide harm minimisation (i.e. reducing potential harms related to substance use).
- Maintain a strengths-based and [recovery-oriented approach](#), with an emphasis on functional recovery.
- Provide referrals for vocational/educational support.