

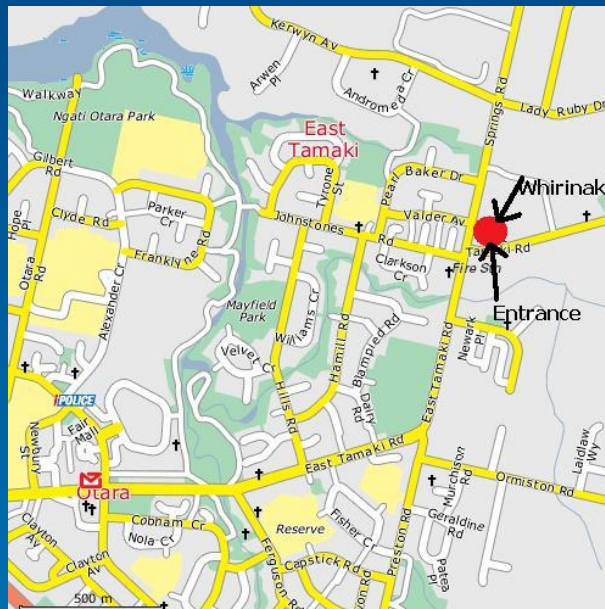
## How do you feel?

- Lost that spark for the things you like to do?
- Feeling grumpy or down?
- Can't concentrate at school or work?
- Feeling confused sometimes?
- Having weird or bizarre thoughts in your head?
- Looking good taking more effort than usual?
- More stressed than usual?
- Having uncontrolled anger?

If you are noticing this sort of thing happening to you or you have a family member experiencing this...

***Come and talk to us.  
We might be able to help!***

## Our location



*Plenty of parking available on site*



### Contact Details:

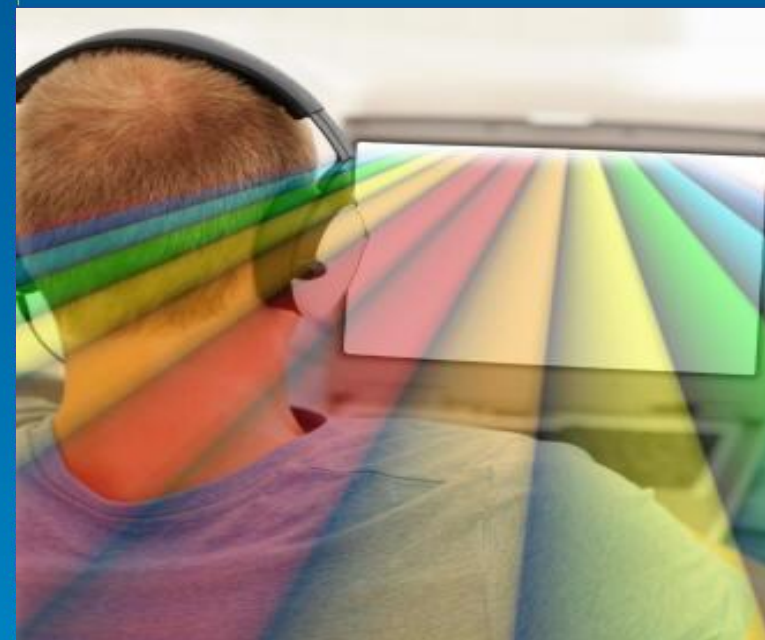
Whirinaki Child, Family & Youth Mental Health Services  
7 Springs Road, East Tamaki (entrance on East Tamaki Road)  
PO Box 217198, Botany Junction, Auckland 2164  
Phone: 09 265 4000 | Fax: 09 265 4199  
Email: Whirinaki@middlemore.co.nz



[www.countiesmanukau.health.nz](http://www.countiesmanukau.health.nz)



## Whirinaki



## Early Psychosis Intervention Team

Mental Health

## Our Team

Early Psychosis Intervention Team (EPIT) is a comprehensive clinical service for young adults aged 16 to 30 years old.

Our team support people living within the Counties Manukau region who are experiencing psychotic symptoms for the first time. We offer a youth friendly and engaging assessment process for those who might be experiencing the early and subtle signs of psychosis.

Our team includes experienced mental health professionals:

- Consultant Psychiatrist & Registrar
- Clinical Psychologists
- Registered Nurses
- Occupational Therapists
- Social Worker
- Peer Support Workers
- Cultural Advisor

## What we do?

We work with a team approach, offering assistance from the different health professionals in the team to suit your needs.

Treatment options are tailored to meet individual needs and include medication, education about symptoms, psychological therapy, family meetings, support with practical issues such as housing and benefits, and assistance with education and work.

EPIT also works alongside primary healthcare providers, and other community based mental health services to provide general and specialist knowledge and/or supervision in early psychosis intervention.

## Your Rights

When you use health services you are protected by a number of rights. These are explained in full in *'The Code of Health & Disability Services Consumers' Rights'* and apply to all health services and disability support services in New Zealand. These rights include:

- Respect and privacy
- Fair treatment
- Dignity and independence
- Appropriate standards
- Effective communication
- Information
- Choice and consent
- Support
- Rights during teaching and research
- To have your complaints taken seriously

If you feel we have not respected your rights, you may take your concern or complaint to the Team Manager or Service Manager or make a complaint to:

**The Health & Disability Commissioner:  
Phone 09 373 1060 or 0800 11 22 33**

## Referral Process

We receive referrals from anyone concerned about early psychosis - just call us. Some of our patients are also formally referred by their GP or local mental health team if they suspect they are experiencing untreated psychotic symptoms for the first time.

Once we have received your referral we will contact you to arrange an appointment. We see clients on-site as well as at a number of satellite clinics, GP clinics, community venues or at home.

We welcome and encourage the involvement and participation of your family / or other important people to appointments.

If English is your second language we can arrange an interpreter, please let us know before your first appointment. Maaori or Pacific Island cultural support is also available.

**All referrals should be faxed to  
(09) 261 3740**

**If you wish to discuss the referral  
process please contact us on  
(09) 265 4000**