



PREVENT MENTAL ILLNESS WITH EARLY DETECTION

**MENTAL ILLNESSES ARE
REAL, COMMON, AND TREATABLE.**

Mental illnesses can affect how a person thinks, feels, acts and understands his or her world. Psychosis may be a part of mental illness.

THE EARLY PROGRAM

EARLY offers help for those individuals who are having experiences often associated with the first stages of psychosis.

WHAT TO LOOK FOR

- More sensitive to sights, sounds, smell or touch
- Suspiciousness of others
- Jumbled thoughts or confusion
- Feeling "something's not quite right"
- Hearing sounds or voices that are not there
- Being fearful for no reason
- Less interest in people, activities and self-care
- Trouble speaking or writing clearly

**Don't ignore these symptoms.
Early support may prevent, delay or reduce
the severity of a mental illness.**



**Learn More – Call EARLY
1-888-NM-EARLY (1-888-663-2759)
www.earlyprogram.org**

For alternative services contact UNM CPC Programs for Children and Adolescents at (505) 272-2190 or the UNM Psychiatric Center at (505) 272-2800. If you are in crisis or need immediate attention call UNM Psychiatric Emergency Services at (505) 272-2920 or call 1-800-273-TALK (8255).