



# Promoting Recovery from First Episode Psychosis: A Guide for Families

*Sabrina Baker, Lisa Martens*

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Family members can play a significant role in helping to identify early signs of psychosis, in seeking prompt and appropriate treatment for their relative, and in promoting the recovery process. *Promoting Recovery from First Episode Psychosis* is based on research, practice guidelines and the authors' own experience working with clients and their families in the First Episode Division at CAMH.

The guide is divided into two parts:

- Part II focuses on the family's journey to recovery. It describes specialized services for families, self-care strategies, and communication and limit-setting tips

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