

MORE ABOUT FITT

- The FITT program is offered out of Shoniker Clinic at Scarborough Health Network's Centenary hospital campus.
- Our team consists of a child and youth counselor, nurse, occupational therapist, social worker and psychiatrist.
- We work with teens and adults up to the age of 35 living in Scarborough.
- Fees are covered by OHIP.
- Physician referral is required, so contact us for a referral form.
- Free and confidential services give you peace of mind.

“Don’t be scared. It’s courageous to call and get help.”

— J. S., FITT program participant

VISIT US

2877A Ellesmere Road



FITT is part of Shoniker Clinic at Centenary hospital

CONTACT US

For questions or to learn more, call us at 416-281-7301 ext. 4161

IF YOU'RE IN CRISIS

- Call 9-1-1
- Call the 24/7 Mobile Crisis line at 416-495-2891
- Go to nearest emergency department

FITT PROGRAM

First Intervention Treatment Team



**FITT
PROGRAM**



What's psychosis?

Psychosis is a medical condition that affects the brain. It is an experience in which there has been some loss of contact with reality.

First Episode Psychosis means that someone is experiencing psychosis for the first time. The risk of first episode psychosis increases with a family history, substance abuse, stress and trauma. It affects 3% of the population.

What's happening?

Have you noticed a change in your thinking?

- Suspicious of others
- Beliefs that are exaggerated, distorted or unrealistic
- Unusual perceptions such as hearing voices or seeing things
- Change in thinking (racing or slowed thoughts, poor concentration, etc.)

Have you noticed a change in your behaviour?

- Changes in sleeping and eating patterns
- Changes in motivation and energy
- Social withdrawal or isolation
- Bizarre behaviours

Have you noticed a change in how you are feeling?

- Scared or anxious
- Hopeless
- Confused
- Feel like you're not yourself
- Feel strong or powerful
- Feel like you cannot trust other people

It's treatable, and we can help.

First Intervention Treatment Team (FITT) is a free and confidential outpatient program provided by Scarborough Health Network.

We support Scarborough teens and adults up to the age of 35 who may be experiencing psychosis for the first time. We are here to listen, talk and share advice and direction.

WHAT WE DO

There are many ways that we can help you deal with what you're going through.

CONSULTATION

Set up a short meeting with us to discuss any physical and/or emotional concerns you may have. We will help you figure out what is happening and what we can do.

COUNSELLING

Meet with us to learn more about what you are going through and get ongoing support. We will help you to cope with any difficulties as you reach your goals.

CONNECTION TO COMMUNITY

Find out how we can link you to community resources, such as housing, financial assistance, job placement, alternative schooling, and more.

GROUPS

There are opportunities for you and your family to meet others, to learn from each other, and to share experiences.