

Contacting the GRiP team

Gloucestershire Recovery in Psychosis (GRiP)
111, Eastgate Street
Gloucester
GL1 1PY

Telephone: 01452 364700

Visit us at www.2gether.nhs.uk

Emergency contact details:

Our Crisis teams provide telephone support 24 hours a day, seven days a week.

Gloucester and Forest Crisis team - 01452 891331

Stroud and Cotswold Crisis team - 0800 1690398

Become a member

Anyone aged 16 years or over and living in Gloucestershire can become a member of the our Trust.

With your help and feedback we can continue to develop our services, tackle stigma and challenge discrimination.

Membership is free.

For more information on becoming a member telephone 01452 891165 or visit www.2getherinclusion.nhs.uk/get-involved



If you would like further information, additional copies or would like to receive this leaflet in another language, large print or on audio format please contact the Trust Communications Team at Trust Headquarters, Rikenel, Montpellier, Gloucester, GL1 1LY. You can email us at 2gether.comms@glos.nhs.uk or call us on 01452 891604.



Gloucestershire Recovery in Psychosis (GRiP)

About us

GRiP stands for Gloucestershire Recovery in Psychosis. We are a specialist Early Intervention team working with people aged 14-35 years old who have first episode psychosis.

What is psychosis?

Psychosis is a loss of contact with reality. If you are affected by psychosis, you may see or hear things that others don't and you have a reduced ability to cope with day-to-day activities. You may also feel paranoid or believe things that others think is unusual.

First episode psychosis is the first time someone experiences psychotic symptoms or has a psychotic episode.

I have been referred to GRiP, what happens next?

We will arrange to meet with you for a chat and an assessment.

Assessments can take place in your home or we can agree to meet in another location such as a coffee shop or park.

Once an assessment has taken place we work with you to create a care plan. Your care plan is personalised and developed to meet your own needs.

What support is available for me?

We offer a wide range of care and support. This may include Cognitive Behaviour Therapy, medication and support to your family. We also offer practical help with housing, benefits, employment and education.



What is Cognitive Behaviour Therapy?

Cognitive behavioural therapy (CBT) is the term for a number of therapies that are designed to help solve problems in people's lives.

The therapy is different depending on the condition it is treating.

Overall, we would work with you to understand how your thoughts, ideas, feelings and behaviours affect your day-to-day life and help you change how you think to influence behaviour in a positive way.

Who will support my care?

Our team consists of Psychiatrists, Psychologists, Sports Therapists, Occupational Therapists, Social Workers, Nurses and Support Workers.

We also work with other teams and agencies depending on your needs.

Occasionally, students will work as a member of the team. If you are not happy with this then please let us know. Telling us will not affect your treatment in any way.

Will I take medication?

Medication is often used to reduce or stop psychotic experiences.

If you require medication a doctor will talk through the options with you and explain any side effects of taking the medication prescribed to you.

Can I continue with work, education and my social life?

Keeping active, eating well and staying in touch with friends and family are all important ways of keeping healthy.

Where possible continuing everyday activities can help your recovery as they provide support, help, a sense of purpose and better future prospects.

