

New Journeys

An Early Intervention Program for First Episode Psychosis



New Journeys is evidence-informed recovery-oriented outpatient care for individuals aged 15-40 who are experiencing new and unexpected changes in their perceptions and thinking, referred to as "first episode psychosis" (FEP).

There are teams across the state of Washington that offer comprehensive and personalized support.



Peer Support



Personalized
Therapy



Help with
Medication
Decisions



Employment
& Education
Support



Symptom
and Stress
Management



Support and
Education for
Families

Serves
people...

Age: 15-40 years old

Location: Resident of a region where New Journeys services are available

Symptoms: Psychotic symptoms have been present between 1 week and 2 years



When in doubt, reach out!

Visit www.newjourneyswashington.org
to get more information and to contact
our team

**Or use the QR code to submit a referral to
New Journeys**

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