

## **FAMILY WORK IN EARLY PSYCHOSIS REFERENCES**

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## **Resource List**

To get **help** as a young person or carer, you could initially talk to a relative, youth worker, teacher or school/college nurse or counsellor. For more information or advice about psychosis contact:

- **Your local doctor**
- **Your Local Early Intervention Service,**
- **Websites**

[www.youngminds.org.uk](http://www.youngminds.org.uk) - Youth mental health site targeted at 16-25 year olds providing useful information and support for understanding and coping with mental health issues.

[www.bcsm.org](http://www.bcsm.org) - British Columbia website with lots of downloadable helpful information.

[www.iris-initiative.org.uk](http://www.iris-initiative.org.uk) – UK site promoting good practice in early intervention services for psychosis.

[www.rethink.org](http://www.rethink.org) - UK Rethink site which has user friendly mental health information with loads of helpful links.

[www.psychosissucks.ca](http://www.psychosissucks.ca) – Informative Canadian site with youth appeal and helpful explanations of psychosis.

[www.getontop.org](http://www.getontop.org) – Australian site aimed at helping young people cope with and manage mental health issues.

[www.eppic.org.au](http://www.eppic.org.au) – Website of influential Australian service for people with first episode psychosis with comprehensive downloadable information sheets for young people and families.

[www.wheres-your-head-at.org/](http://www.wheres-your-head-at.org/) - A website focusing on mental health information for young people. It aims to cut through the myths and stigma surrounding mental health to allow people to make informed decisions about where to seek help from and what they can do to help themselves.

**Dr Gráinne Fadden**  
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