

## **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.am-i-ok.co.uk](http://www.am-i-ok.co.uk) – Buckinghamshire EI service website

[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.bcsc.org](http://www.bcsc.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.readthesigns.org](http://www.readthesigns.org) – Colourful interactive youth site promoting understanding and open mindedness about mental health in Britain.

[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.earlydetection.csip.org.uk](http://www.earlydetection.csip.org.uk) - Early detection website with guidance on early detection and intervention, downloadable factsheets and powerpoint presentations.

[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.

[www.gethelpearly.ca/home.htm](http://www.gethelpearly.ca/home.htm) - This Canadian website is an Early Psychosis Intervention (EPI) Youth and Family Education Initiative developed in partnership with the Ontario Working Group on Early Intervention in Psychosis

[www.pepp.ca](http://www.pepp.ca) – Website of the Canadian PEPP EI service

[www.tips-info.com/index.cfm?id=126154](http://www.tips-info.com/index.cfm?id=126154) – TIPS (Norway) website

[www.wheres-your-head-at.com](http://www.wheres-your-head-at.com) Birmingham Youth mental health service mental health awareness website

[http://en.wikipedia.org/wiki/Early\\_intervention\\_in\\_psychosis](http://en.wikipedia.org/wiki/Early_intervention_in_psychosis)

Wikipedia entry on early intervention in psychosis or early psychosis.  
Wikipedia is an important source of information for the general public

[www.aminormal.org](http://www.aminormal.org) North East EI services website

[www.psychiatristonline.net](http://www.psychiatristonline.net) a psycho-education portal offering recommended information, websites, videos, books, news and other therapies for all aspects of mental health issues

[www.BeatingBipolar.org](http://www.BeatingBipolar.org) a new web based psycho-educational treatment for bipolar disorder

[www.psycheducation.org](http://www.psycheducation.org) An American site providing extensive mental health information on specific topics including bipolar disorder

[www.voicecollective.co.uk](http://www.voicecollective.co.uk) Voice Collective is a new London-wide project which is developing peer support groups for young people (aged 12-18) who hear, see or sense things others don't. The site includes useful info on voices & visions, coping & recovery and getting help in a crisis.

**Dr Gráinne Fadden**  
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