

Psychosis Toolkit

🚨 Crisis Contacts



Samaritans
116 123



NHS Crisis Helpline
111 - Option 2



Text Shout
85258

👥 Peer Support

- Jami
- Hearing Voices Network
- Local Support Groups

🧠 Learn More

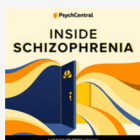
- National Paranoia Network
- Mind Psychosis
- Voice Collective

🎧 Podcasts



PsychosisPositivity

Rose Parker's frank discussion on living with psychosis, blending research with her own experiences.



Inside Schizophrenia

Brings together information from people with schizophrenia, their family members and caregivers, and medical experts to spread understanding about the condition.



Schizophrenia: Three Moms in the Trenches

Three mothers whose sons have schizophrenia share their stories.

📖 Books

The Centre Cannot Hold

by Elyn Saks

Hidden Valley Road

by Robert Kolker



Social Media

📷 TikTok @SchizophrenicHippie

📺 YouTube CREST Bipolar Disorder Network



@TranspireTraining
Instagram / Facebook

🎬 Videos

Psychosis and Me - Dave Harwood

Documentary about Harwood's journey with psychosis. Delves into lived experiences and the services in place to help.

Madness Redefined - The World Science Centre

Panel discussion about the links between special aptitude and mental illness

The Voices in my Head - Eleanor Longden

TedTalk about Longden's development of, management of, and acceptance of psychosis.