

## **Educational Information about Psychosis:**

- [Understanding a First Episode of Psychosis for Caregivers](#) - brief handout
- [Information Guide on First Episode Psychosis](#) - more in-depth guide
- [STEP Learning Collaborative](#) - virtual resources on early psychosis, educational offerings for providers, families, and community members
- [Cannabis use and Psychosis](#) - Fact Sheet
- [Short Guide to Psychiatric Drugs](#)

## **Stories of People Living with Psychosis:**

- [Voices of Recovery](#) -24 brief video clips featuring individuals and family members telling their stories about who they are and what has been helpful in managing their psychotic disorder. You'll meet people who are single, married, in school, working, hanging out with old and new friends, and living healthy lives.
- [Cecila McGough-'I am not a monster'](#) - Founder of Students with Psychosis
- [Bethany Yeiser - 'My Journey Through Schizophrenia and Homelessness'](#) TedTalk
- [A Father's Journey - "My Son has Psychosis"](#)

## **Tips for Coping with Symptoms:**

- [Tips for Dealing with Symptoms of Psychosis](#)
- [NAMI - Self Help Tips for Coping with Mental Illness](#)
- [How to cope with voices - Strong365](#)

## **Support and Skills for Families:**

- [NAMI Connecticut](#) -Friends and Family virtual support groups
- [MILO](#) - Free e-course on motivational interviewing skills for families
- [Psychosis REACH](#) - Recovery by Enabling Adult Carers at Home - online course
- [Students with Psychosis](#) - Empowering Students and Advocates Living with Psychosis
- [Mental Health Crisis Intervention Services - Connecticut](#)

## **Information on Benefits and Entitlements:**

- [SSI \(Supplemental Security Income\)](#)
- [SSDI \(Social Security Disability Insurance\)](#)
- [Medicare](#)
- [Husky \(Medicaid Connecticut\)](#)
- [Veyo \(Non-emergency medical transportation\)](#)
- [Title 19](#)
- [SNAP \(Supplemental Nutrition Assistance Program\)](#)