

012 Living with Psychosis & Schizophrenia

3 hours each week for 7 weeks For ALL

What we will do in the sessions:

- Learn what is meant by psychosis and schizophrenia
- Understand medication better
- Share learning with people with similar experiences
- Learn from guest speakers with lived experiences
- Understand recovery and care plans and how they can help you

Key skills you will learn:

- Skills and techniques to keep well
- How to better manage difficult experiences
- To understand how your medications may best support
- To understand and identify your triggers
- Coping strategies to keep well
- Strategies to manage voices