YOUNG ADULT RESOURCES

Links found on this page are clickable. If you are looking for an early psychosis clinic, talk to us at M-PATH! Early psychosis clinics provide care such as therapy, psychiatry, and peer support.

You can also speak with our Young Adult Peer Mentor, who knows firsthand what it's like to go through psychosis. She can listen to you without judgment and share what helped her in her own recovery.

LEARN MORE ABOUT PSYCHOSIS

- NAMI: Early Psychosis & Psychosis
- SAMHSA: Understanding a First Episode of Psychosis
- Strong365: What is psychosis?
- EPI: Early Psychosis Intervention
- HeadsUp PA: What is psychosis?
- About Psychosis | New Journeys
- EASA: What is Psychosis?

WARMLINES AND HOTLINES

WARMLINES (for support, not crisis situations)

- MBRLC Peer Support: 877-733-7563 (Massachusetts only)
- Wildflower Alliance Peer Support: 888-407-4515 (Massachusetts only)
- Hey Sam (texting): 439-726
- Warmline.org: Find a warmline near you

HOTLINES (for crisis situations and immediate help)

- Massachusetts Behavioral Health Help Line (call or text): 833-773-2445 (Massachusetts only)
- National Suicide & Crisis Lifeline: 988

PEER-RUN ORGANIZATIONS AND PUBLICATIONS

- Wildflower Alliance (Massachusetts Only)
- Fireweed Collective
- Students with Psychosis
- Roots Up
- Hearing Voices Network
- Mad in America
- Schizophrenic.NYC Clothing Brand

M-PATH

FIND MENTAL HEALTH SUPPORT

IN MASSACHUSETTS

- Massachusetts Behavioral Health Help Line Directory: Find mental health, substance use treatment support services, and health-related social connections across the state
- NAMI Compass: Provides information, ideas, resources, and support to help people navigate the mental health system
- Healthcare For All Helpline: Helps enroll Mass residents into health insurance coverage

ANYWHERE

- Strong365: A tip sheet on how to find the right mental health support for you
- SAMHSA: Early Serious Mental Illness Treatment Locator: For people and their family members seeking treatment facilities

RECOVERY STORIES

- Rethink Psychosis
- OnTrackNY Videos
- Eleanor Longden: The Voices in My Head
- Cecilia McGough: I Am Not A Monster
- "The Collected Schizophrenias" by Esmé Weijun Wang
- "The Center Cannot Hold" by Elyn Saks
- NAMI: Emotional Recovery from Psychosis
- Into the Light: Meaningful Recovery from Psychosis Documentary
- Thriving with Schizoaffective Disorder
- Live Your Possczible Stories

PEER AND COMMUNITY SUPPORT

IN MASSACHUSETTS

- Young Adult Access Centers: Community spaces where young adults with mental health concerns can access services
- Peer-run Respites: Short-term, voluntary stays in safe, supportive homes staffed entirely by individuals with lived experience
- WellSpace at McLean: Programming for young adults ages 18–30 who have experienced psychosis
- Depression and Bipolar Support Alliance of Boston: For people with mood disorders such as depression and bipolar disorder
- Kiva Centers Peer Support: Offers peer support online, in person, by phone, and through external resources
- Recovery Learning Communities: Peer-run networks of self-help/peer support, information and referral, advocacy, and training

ANYWHERE

- NAMI Support Groups: Peer-led support groups where people share their experiences and gain support from other attendees
- Hearing Voices Network Support Groups: For those with voices, visions, and other unusual experiences

OTHER RESOURCES

- How to talk to my parents/guardian (NAMI)
- How to talk to friends (NAMI)
- Headspace Mindfulness App for Teens
- HeadsUp Boston: Support a friend (Massachusetts Only)
- Navigating Relationships After Psychotic Breaks

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