



Helpful Websites

[Hope For Mental Health Society \(hope4mentalhealth.ca\)](http://hope4mentalhealth.ca)

Hope For Mental Health provides a continuum of programs and services for people living with a mental illness and their family/friends. Features peer support, family support, and education programs.

[Because Your Mind Matters](http://becauseyourmindmatters.ca)

A website for youth making the transition from high school to post-secondary education. Helpful information on psychosis, accessing support and strategies for management and relapse prevention.

[Canadian Consortium for Early Intervention in Psychosis \(epicanada.org\)](http://epicanada.org)

National, bilingual, not-for-profit organization website that contains resources for individuals experiencing psychosis, loved ones, and healthcare providers. Features video of family testimonial and series of podcasts.

[Schizophrenia Society of Canada \(schizophrenia.ca\)](http://schizophrenia.ca)

Schizophrenia Society of Canada. Includes information about cannabis and psychosis, schizophrenia and substance use, and supports for family caregivers.

[Psychosis101 - Symptoms, myths and treatment of psychosis](http://psychosis101.ca)

Support for people with psychosis, including home exercise videos and resources for families.

[Psychosis | CAMH](http://psychosis.camh.ca)

Canadian Centre for Addictions and Mental Health. Includes information regarding signs and symptoms, risk factors, diagnosing and getting treatment. Features free online tutorial.

[EPION - Early Psychosis Intervention Ontario Network \(help4psychosis.ca\)](http://help4psychosis.ca)

Based out of Ontario, Canada, the website contains information on early detection, stages of psychosis and illness management. Tools and resources for patients and families for illness management and support.

[Early Psychosis Intervention in British Columbia](http://earlypsychosisintervention.ca)

Based out of British Columbia, Canada, the website contains information on early detection, stages of psychosis and illness management. Tools and resources for patients and families for illness management and support.

[Course: Empowering families affected by psychosis \(camhx.ca\)](http://camhx.ca)

From CAMH, features 6 free, self-paced, online modules for families of those affected by psychosis.

[National Hearing Voices Network - For people who hear voices, see visions or have other unusual perceptions \(hearing-voices.org\)](http://hearing-voices.org)

A website for clients and families that includes support groups and information for those who hear voices or see visions.

[Resources - Orygen, Revolution in Mind](http://orygen.org.au)

Based out of Australia, Orygen is a leader in early phase psychosis treatment and research. Website contains information for those experiencing psychosis, loved ones, and clinicians.

[Cannabis & Psychosis - Exploring the Link \(cannabisandpsychosis.ca\)](http://cannabisandpsychosis.ca)

Information for youth, loved ones, teachers, and clinicians regarding cannabis, psychosis and the link between them.