

# HOW TO SUPPORT TEENS AND YOUNG ADULTS WHO EXPERIENCE PSYCHOSIS

## ADVICE

### FROM EASA'S YOUNG ADULT LEADERSHIP COUNCIL

#### HELP THEM SEE BEYOND THE STIGMA:

“A label is not an identity.”

“Highlighting stigma. People may have negative reactions because of stigma. Acknowledge the fear they may have experienced.”

“Stigma comes from ignorance and stereotyping. Once you realize stigma is just an ignorant state it allows you to look past and say, hey, this is interesting.”

“What’s my diagnosis- ‘What’s WRONG with me?’ Nothing’s wrong. You’ve experienced this. It might evolve, change. That’s why it’s a 2 year program.”

“Stigma is worse than reality.”

“Just because we have a certain diagnosis doesn’t mean that we’re different or can’t lead a normal life.”



#### MAKE THE PERSON FEEL COMFORTABLE:

“Approach them as a friend, not business. Seem like you care.”

“Peer support.” - - - “Know that everyone has a struggle.”

#### HELP THEM FIND HOPE:

“This is not where you’re going to stay. It can get better.”

“I can’t believe I am where I am right now. I’m working again and I never thought I would be. I’m better now than I was before. They gave me so much knowledge.”

“Beyond what this might be, there’s more out there.”

#### HELP PLAN FOR REPLAPSE:

“Once I had a relapse prevention sheet I was able to see the early signs, and the later signs. Visually you can see.”

LET THEM KNOW THEY ARE NOT ALONE.

“Being able to hear other stories. I wasn’t the only one. Hearing others’ stories – at the conference, in the groups-helped spark something. I was in a dark place and it gave me hope that maybe things would be better.”

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LISTEN AND OFFER OPTIONS:

Make sure the person knows they can choose and give them a voice. Make sure they know the options.

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HELP THEM REGAIN CONFIDENCE:

“Now I am in charge. I got my confidence back.”

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KEEP IT SIMPLE:  
Don’t use huge words.

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BE FLEXIBLE AND PERSISTENT:

Everyone is different.  
“I was terrified. It took a year. Keep talking!”