

# FREE ONLINE RESOURCES FOR CLINICIANS AND FAMILIES MANAGING SERIOUS MENTAL ILLNESS

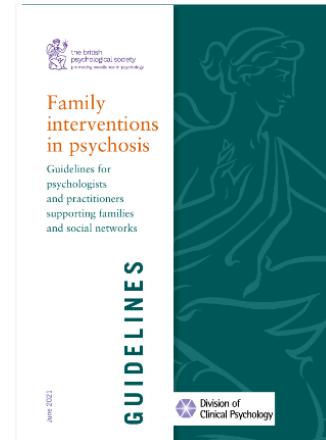
Compiled by Michelle D Sherman, PhD LP ABPP (January 2026)

## For CLINICIANS

### Family Interventions in Psychosis: British

Psychological Society:

<https://www.bps.org.uk/blog/family-interventions-psychosis>



### **SAMHSA / CMHS's Family Involvement in Programming for Early Serious Mental Illness** (email me!)

### Working with Families video:

**Psychosis Informed care for  
Community Outpatient Settings:**  
Massachusetts Psychosis Network for  
Early Treatment (MAPNET):



[https://www.youtube.com/watch?v=XcdrYpROzmw&list=PLk1WxKOYk7u3um0a\\_rUau1EgoAt-Mg3Y\\_&index=5](https://www.youtube.com/watch?v=XcdrYpROzmw&list=PLk1WxKOYk7u3um0a_rUau1EgoAt-Mg3Y_&index=5)

## For FAMILIES:

**Psychosis REACH** (online course, live workshop, family ambassador)

[www.psychosisreach.org](http://www.psychosisreach.org)



## **Caregiver Action Network: Blueprint for Families of Loved Ones with Mental Health Issues**

<https://www.caregiveraction.org/blueprint-for-mental-health-issues/>

### **Blueprint for BIPOC Caregivers of Children with Mental Health Issues:**

<https://www.caregiveraction.org/caregiver-tools/blueprint-for-mental-health-issues/>

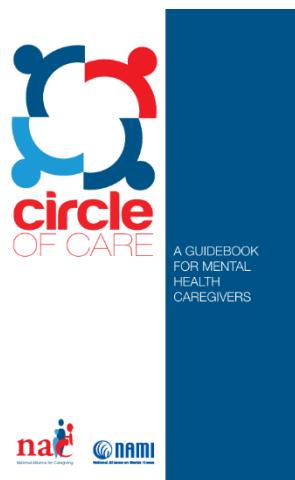
## **Schizophrenia & Psychosis Action Alliance: Caregiver Toolkit**

[https://sczaction.org/wp-content/uploads/2023/11/SPAAlliance\\_CaregiverToolkit-FINAL.pdf](https://sczaction.org/wp-content/uploads/2023/11/SPAAlliance_CaregiverToolkit-FINAL.pdf)



## NAMI Circle of Care Guidebook

<https://www.nami.org/support-education/publications-reports/guides/circle-of-care-guidebook/>



## Schizophrenia: Three Moms in the Trenches

**Free podcast and YouTube series by three moms whose sons live with schizophrenia.**

**Also great for clinicians!**



## Parenting Resources

**ParentingWell** (National Research Center for Parents with Disabilities, Brandeis University):

<https://heller.brandeis.edu/parents-with-disabilities/support/parenting-well.html>



ParentingWell  
PRACTICE PROFILE

**Temple University's Collaborative on Community Inclusion of Individuals with Psychiatric Disabilities:**

*[Parenting with Mental Health Challenges](#)*

<https://tucollaborative.org/parenting/positive-parenting-and-child-resilience-a-training-handout/>

*[Advanced Self-Advocacy Plans \(ASAPs\)](#)*

<https://tucollaborative.org/self-directed-care/advanced-self-advocacy-plan-a-guidebook/>

