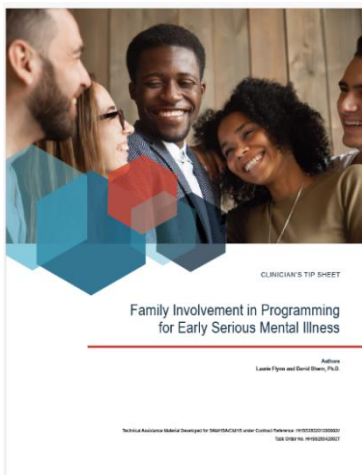
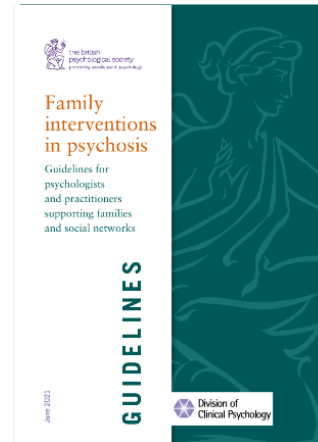


FREE ONLINE RESOURCES FOR CLINICIANS AND FAMILIES MANAGING SERIOUS MENTAL ILLNESS

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

For FAMILIES:

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

www.psychosisreach.org

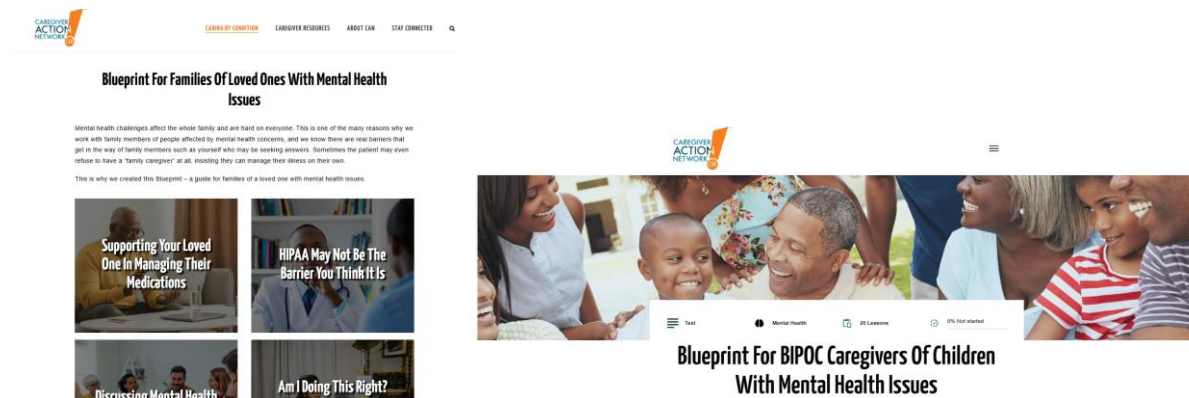


Caregiver Action Network: Blueprint for Families of Loved Ones with Mental Health Issues

<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



NAMI Circle of Care Guidebook

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



A GUIDEBOOK
FOR MENTAL
HEALTH
CAREGIVERS



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>



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/)

<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/)

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

