

REACT

Relatives' Education and Coping Toolkit



1 in 100 people will experience severe mental health problems. This most commonly starts in adolescence and the majority will be living at home with families. This can be a very frightening time for relatives who often have little knowledge of what is happening or how to manage it. The NHS has a commitment to support relatives in order to reduce their distress, but also because research studies have shown that this can lead to a better outcome for patients as well. Unfortunately, many relatives do not get the kind of support they need. This is often because of lack of appropriate resources in local services.

Aim

To design and evaluate a self management package for relatives of people with recent onset psychosis

Part 1 = We are looking for relatives of people who have experienced a first episode of psychosis within the last 5 years. We want to invite them to come to a group to help us to put together a package of information and guidance for other relatives.

If you would like to be involved in this project or would like further information please contact:
Anna Booth on either: 07507 856 933 or a.booth3@lancaster.ac.uk



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