

LIKEMIND

An online mental health
companion for young people



Thinking about treatment choices

SERVICE USER WORKBOOK

A guide to help you use the Likemind Online
Mental Health Companion to get information and
make decisions about your recovery and treatment
in the Early Intervention Service

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Introduction

What is this guide for?

This guide is for you to use with your Lead Practitioner (the main person you see at in the NHS Early Intervention Service for Psychosis (EIP)) or anyone else you work with where it might be helpful. Use it with the Likemind Online Mental Health Companion website (www.likemind.nhs.uk). It is to help you think about options and make decisions about ways in which the early intervention service can help you with treatment and recovery. It is just a guide, you can use it flexibly by adding, changing, or skipping parts according to what is important to you.

What is the Likemind website?

The Likemind website has been developed with people who use the early intervention service in Sussex and clinicians who work there. It is part of a research project called the Early Youth Engagement (EYE) Project that aims to help make services better for people using them. The website can help you and the people close to you to learn more about psychosis and other unusual experiences, the things you can do that might help you feel better and different options for treatment. If you need some help finding your way around the website, like finding pages or opening and saving the resources you can find tips on page 24

Take part in a research study

This booklet is produced in conjunction with the NIHR Early Youth Engagement Project (EYE-2) (grant 16/31/87). It is intended to be used as part of a PhD research study funded by the Economic and Social Research Council. If the study hasn't been explained to you already and you think you would like to take part, please speak to your lead practitioner.

If you have any questions or feedback, you can contact the research team or use the feedback link on page 24:

Email: Ellie Robson (PhD Researcher): e.robson@sussex.ac.uk

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Permission to use

This document is copyrighted, please contact Ellie Robson (above) for permission to use

Planning My Sessions

My NHS Team is based in:

My Lead Practitioner's name is:

Their contact details are:

Telephone:

Email:

What to expect from these sessions

During your meetings you will be able to talk about what is important to you, how you want to live your life and what you want or need from the Early Intervention Service to achieve this. In turn, your lead practitioner will listen to your preferences and give you different choices about things that the early intervention service can offer. They will explain the risks and benefits of those different options and together you can work out which ones seem right for you. They will help you to make decisions about goals for the future and what needs to be done to help you achieve those goals.

How to use the guide

This guide is divided into units designed to be completed in four one-hour sessions. Sometimes it might take less time, sometimes you might need extra time to talk about and decide what you want.

The guide can be used as a printed or digital resource. You can look after it, ask your lead practitioner to keep a copy or both. If it helps, you could keep a paper copy for notes and a digital copy for accessing the website links.

Throughout the booklet, you will see different symbols, here is what they mean:



If you are reading the guide on a smartphone or computer with internet access, you can click on the [text box](#) next to this symbol and it will take you to the webpage. (To report broken links, see page 24)



Read some website information and the approximate time it will take.



Discuss options and opinions



A chance at the end of the session to say what decision/s you have made? (Even if it is just to do nothing for now.)



Information about extra resources to read or look at

You can use the booklet to make a record of the things you talk about and of the decisions you make; if it helps, you can share it with friends and family. You can use it to look back and rethink some of the options that you might not have been ready to try the first time you considered them.

Session Structure:

This is an example of what might happen in a typical one-hour session

| | |
|-------------------------------|---|
| <p>10-15 minutes</p> | <ul style="list-style-type: none"> - Talk about any immediate problems or questions - Introduction to the program content (if it's your first session) or catch up from last session |
| <p>30-40 minutes</p> | <p>Introduction to the topic Look at the session guide for the week to see how the session will be structured.</p> <p>Your values and beliefs about the topic First you will be able to give your initial thoughts about the topic including any worries. Ask the person from the EIS who you are meeting with to explain back to you that they have understood about your values and beliefs; make clear anything they might have missed or misunderstood.</p> <p>Discuss the options and make choices You will then use the website resources and talk about different options concerning your treatment and recovery. You will be able to weigh up the good and bad things about the options and make some choices based on how you feel right now. Explain back what you have understood and ask them to explain anything you might have missed or are not sure about.</p> <p>Are you sure about your decisions? Think carefully about whether you are happy with any decisions made. You can always ask to come back to an option later if it's not something you are ready to think about now</p> |
| <p>10 – 15 minutes</p> | <ul style="list-style-type: none"> - Think about any small changes you can make, or actions you or your care co-ordinator need to do before the next session. |

LIKE MIND

Session 1: What is Psychosis and Early Intervention?



Unit 1: What is Psychosis and Early Intervention?

Go to www.likemind.nhs.uk and choose from the menu on the left-hand side:

[What is psychosis?](#)

What is this session for?

In this session, you can talk about yourself and your experiences and find out or recap what the early intervention service can do for you. Discuss what you feel are the most important things you want to get help with. Even if you have been coming to appointments for a little while, it might be helpful to take some time to think about if the things you want have changed since you first started seeing your early intervention team.

What is psychosis?

Every person who experiences psychosis or unusual distressing experiences is different, and because of this what they need from the early intervention service is different too. Spend some time reading from the 'What is psychosis?' section of the website:



[What is a mental illness](#)



[About psychosis](#)



[Where does psychosis come from?](#)



Talk to about your experiences and some of the things that might have brought you to the early intervention service.



[Early warning signs](#)



Now read the webpage about early warning signs




Thinking about when you have been distressed by unusual experiences, what might some of the early warning signs look like for you? What type of things might trigger them?

What is the Early Intervention Service (EIS)?

Spend some time reading 'What is early intervention in psychosis?' from the 'What is psychosis?' section. Read the sections below, stopping when you get to the section about family and friends

  [What is EIP and what does It offer?](#)

 [Things to expect about EIP services and what to ask](#)

| | | | | | | | | | | |
|------------------|---|-------------|---|---------|---|-----------|---|----------------|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Very unimportant | | Unimportant | | Neutral | | Important | | Very important | | |



Of the different areas the early intervention team can help you with, which are the most important to you? Use the rating scale above to help decide how important they are.

What about involving my friends and family?

Involving people close to you with your treatment and care can help us understand what matters most to you. They can also help you to make important decisions about what you want to do. 'Family and friends' can mean anyone in your life who you are close to, even a spiritual leader or representative from your community. If you don't have anyone that you want to be involved, then you could consider having an advocate. An advocate is an independent person from outside the NHS they will help you make decisions and communicate the things you want from your care. Read the section:

  [Can my family and friends be involved in EIP services?](#)



Think about who might be involved in supporting you. Are there any things that might make it difficult for you to involve those people? Which things in the section you have just read are the most important to you when thinking about help and support from other people? Use the importance rating scale if it helps.

Before you go



What decisions have you made today about what help you want from the early intervention service and who might be involved with your care? What needs to happen next?



Session 1 Notes

More information in the resources section



[Early Intervention in Psychosis Services Booklet](#)



[Information for Family and Friends Booklet](#)



[Resources for family and friends](#)



[Stories](#)



[Videos](#)

in the resources section of the website, if you want to know more about other people's experiences

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Session 2: Medication Choices



Unit 2: Medication Choices

Go to www.likemind.nhs.uk and choose from the menu on the left-hand side:

[Treatment and interventions](#) then [Medicine](#)

What is this session for?

This session is an opportunity for you to talk about how you feel and any worries you might have about taking medicines to help reduce unusual and distressing experiences. If you have already tried medication you can talk about how it's working out for you and anything you might like to change. All the information about medicines can be found in chapter 7 of the treatment choices booklet



[Treatment Choices Booklet](#)

Medicines can help reduce or stop unusual or distressing thoughts or experiences.



[Medicine](#)

Read the section about medicine in the treatment and intervention section until you get to the side effects section



Talk about what you think about taking medication and why; do you have any worries about taking medicines?

Medicines



[Types of medicines](#)

You might want to have a look at some of the different types of medications in the section under the 'medicines' tab



Think about which medicine you have tried or might like to try; what might be some of the positive things about taking medication for you?

If you have tried two or more different types of medicine and they haven't worked, you could ask about 'Clozapine'. It's not right for everyone though and will be something that you and your care team will need to think about together



[Clozapine](#)

You can read more about Clozapine in the types of medicines section

Side Effects



[What are the main types of side effects](#)

Click on the link to read about the main types of side effects at the top of the 'medicine' page.



Talk about the different side effects listed and how they might affect you. Which would you least like to experience? Might there be any side effects that could be beneficial for you?



Is there anything that needs to change after talking about medicines today? If you are taking medication, are you happy with it? Is it helping? If you aren't taking medications, would you like to try taking some?

If you are still unsure about the idea of taking medication you might want to also think about trying a talking therapy (covered in unit 3)

Before you go...







What decisions you have made today about medications? What needs to happen next? If you have decided to do nothing for now you could arrange a time to discuss medicine again in the future in case your feelings change. Read the questions below to check if you are sure about those decisions. If any of your answers are NO, you might need to arrange some more time to discuss anything you are unsure about.

- ⇒ Do you feel sure about the choice for you?
- ⇒ Do you know the benefits and risks of each option?
- ⇒ Are you clear about which benefits, and risks matter most to you?
- ⇒ Do you have enough support and advice to make a choice?



Session 2 Notes

More information in the resources section

-   [Treatment Choices Booklet](#)
All the website information about medicines can also be found in Chapter 7 of the treatment choices booklet
-   [Rethink Fact Sheet](#) You can get more information about medicines from the Rethink fact sheet

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Session 3: Psychological and Family Therapies



Unit 3: Psychological/Talking Therapies

Go to www.likemind.nhs.uk and choose from the menu on the left-hand side:

[Treatment and Interventions](#)

What is this session for?

This session is an opportunity for you to think about if you would like to talk with someone who has special skills in psychological or talking therapies. You can think about what problems you might like help with and whether it might be useful to involve some of the people close to you as well. All the website information about psychological therapies can also be found in Chapter 6 of the treatment choices booklet



[Treatment Choices Booklet](#)

Psychological/ Talking Therapy



What do you think about the idea of trying a talking therapy? Do you have any worries about what you think it will be like?



Read the website page on [psychological or talking therapies](#), even if you feel you don't want to talk to someone right now, it might help you consider it in the future.

One popular therapy that many people find helpful is Cognitive Behavioural Therapy or 'CBT', it relates to what you think and how you behave relates to what you do.

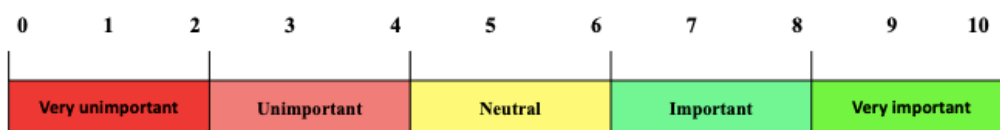


Click on the [Cognitive behavioural therapy](#) link to find out more.

If you think this might be helpful, ask for someone at the early intervention service to arrange for you to meet with someone to talk about what it would be like for you.



What would be the main thing you would like help with if you decide to talk to someone? How important is it to get help for this problem?



Talking to someone with your family or people close to you

When someone experiences unusual distressing experiences (e.g., psychosis), it can affect your family or other people around you. People close to you can also help us to understand a bit more about you and the things that matter to you most. You can ask anyone who you are close to, like family, partners, friends, carers even religious leaders. A family intervention is a talking therapy that focuses on difficulties that the family is facing, and that plans ways of solving them as a family.



What do you think about the idea of trying a family therapy? Do you have any worries about involving family or the people close to you?

Every family is different and what you talk about will be the things that are important for you and your family. Family therapists are specially trained and work in pairs. What you talk about doesn't have to be about very personal or private things, sometimes people just want help communicating with each other better or understanding each other's experiences. You can talk to someone together, but if you don't want to you don't have to go to the sessions with your family or friends. You don't need every family member to come for the work to be helpful.



Read the webpage about  [Family interventions](#) to find out more.



What would you most like help with if you were to ask family or friends to come to talk to someone in the Early Intervention Service?

Before you go...



What decisions have you made about psychological therapy or family therapy today? What needs to happen next? If you have decided to do nothing for now you could arrange a time to discuss therapy again in the future in case your feelings change.









Read the questions below to check if you are sure about those decisions. If any of your answers are NO, you might need to arrange some more time to discuss anything you are unsure about

- ⇒ Do you feel sure about the choice for you?
- ⇒ Do you know the benefits and risks of each option?
- ⇒ Are you clear about which benefits, and risks matter most to you?
- ⇒ Do you have enough support and advice to make a choice?



Session 3 Notes

More information in the resources section

-   [Treatment Choices Booklet](#)
All the website information about psychological therapies can also be found in Chapter 6 of the treatment choices website
-   [Information for Family and Friends Booklet](#)
-   [Resources for family and friends](#)
-   [Family therapy](#) on you Tube

You can see a video of people talking about their experiences



(If you are using a paper version of this booklet scan the QR code)

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Session 4: Wellbeing and Physical Health



Unit 4: Wellbeing and Physical Health

Go to www.likemind.nhs.uk and choose from the menu on the left-hand side:

[Wellbeing and Self Help](#)

What is this session for?

This session is an opportunity for you to think about your general wellbeing and physical health. You can discuss any aspects of your life or any behaviour that might be affecting how you feel and things that might make you feel better. If you have a lot to talk about, you might want to think about splitting this unit over more than one week. All the information on the website about meaningful activities and physical health can be found in chapters 4 and 5 of the treatment choices booklet.



[Treatment Choices Booklet](#)

Things that affect wellbeing and physical health

Wellbeing is about having a positive social, physical, and mental state. Many aspects can affect this such as exercise, diet, sleep and drug and alcohol use. Your physical health is important too, there are some things you can do to maintain or improve your physical health.



Think for a moment about your mental wellbeing and physical health, can you recognise any positive or negative things related to your wellbeing or physical health that might be affecting how you feel?



Choose some of the topics below to read a bit more about



[Managing anxiety](#)

see the 'self-help' navigation tab



[Diet](#)

in chapter 5 of the 'treatment choices booklet' in the resources section



[Drugs and alcohol](#)

see 'drugs alcohol and mental health' section



[Improving sleep](#)

see the 'self-help' navigation tab



[Exercise](#)

in chapter 5 of the 'treatment choices booklet' in the resources section



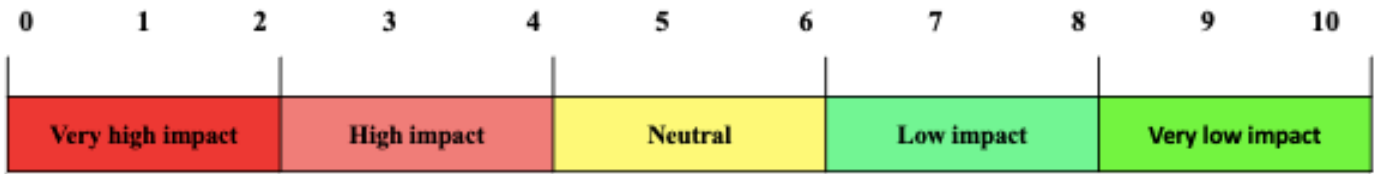
[Meaningful activities](#)

including education and employment, in chapter 4 of the treatment choices booklet



Which aspects of your life do you think are having a negative impact of your wellbeing? Are there any others not listed that affect you? (Smoking for example)

Use the scale below to rate how much they affect your life.



Using the advice on the website can you think about some small changes to your lifestyle that might help you feel a bit better about your physical health or wellbeing?

Before you go...



How do you feel about decisions you have made today about things to improve your wellbeing and physical health? What needs to happen next? If you have decided to do nothing for now you could arrange a time to discuss therapy again in the future in case your feelings change. Read the questions below to check if you are sure about those decisions. If any of your answers are NO, you might need to arrange some more time to discuss anything you are unsure about

- ⇒ Do you feel sure about the choice for you?
- ⇒ Do you know the benefits and risks of each option?
- ⇒ Are you clear about which benefits, and risks matter most to you?
- ⇒ Do you have enough support and advice to make a choice?



Session 4 Notes

More information in the resources section



[Treatment Choices Booklet](#)



All the website information about meaningful activities and physical health can be found in chapters 4 and 5 of the treatment choices booklet



[Mental health and exercise](#)



[Resources](#)

Information about drugs in the recreational drugs section in the section

Other Resources [Resources](#)

There is lots of other information on the website in the resources section that you might find helpful. Some of them are listed below.

Family and Friends:



[Friends and family information booklet](#)

Peer Support:



[Peer support](#)

Information about support from people with similar experiences and understanding

Support Groups:



[The Hearing Voices Network](#)

A support groups for people who hear voices

Religion and spirituality:



[Spiritual and faith-based support](#)



[Rethink fact sheet about spirituality and mental illness](#)

Self-Management:



[Self-management](#)

Information about ways of managing your symptoms, treatments, and lifestyle.

Know your rights:



[Benefits, immigration, legal aid, housing](#)

Information about your legal rights

Nature and green spaces:



[Nature and green spaces](#)

Information about how getting outside can make you feel better

Gender and sexual identity:



[Gender and sexual identity support](#)

Psychosis in education:



[School or college with psychosis](#)

Videos of people's experiences

Social Media:



[Social media](#)

Information about therapies not routinely available on the NHS



[Cognitive Remediation Therapy](#)



[Art Therapies](#)



[Mindfulness](#)



[Acceptance and Commitment Therapy](#)

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Feedback

To give feedback or report broken links please click here  [Feedback](#)

Or scan the QR code if you are using a paper version

