

# The PSYCHE Newsletter

## PSYCHOSIS EDITION

May is here, and with it comes a new PSYcHE Newsletter! The PSYcHE team want to extend our continued gratitude for your involvement in our research. None of it would be possible without you! This edition will focus on the topic of psychosis. Here are just a few mental health snippets we hope you enjoy! As always just click the images to go straight to the link.



# Something to watch

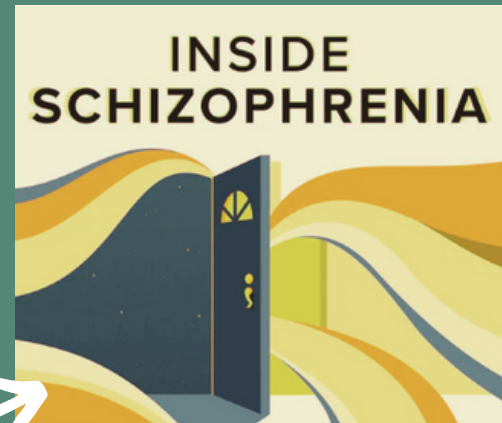


The Living Well with Schizophrenia channel is dedicated to increasing knowledge around schizophrenia, schizoaffective disorder, and mental illness. These videos are intended to be a resource for people with the diagnosis, their loved ones, and for people who just want to learn more about the illness. In this video, the creator shares her experience living with schizoaffective disorder and bipolar disorder.



# Something to hear

Inside Schizophrenia is a podcast focused on raising awareness of schizophrenia hosted by Rachel Star Withers, a mental health advocate who also lives with schizophrenia. Schizophrenia is one of the most stigmatized mental illnesses, and this episode focuses on stigma towards schizophrenia.

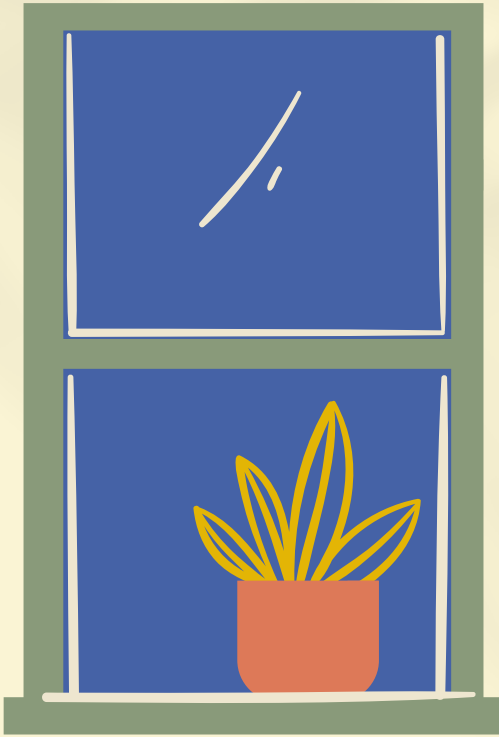


# Something to read



The Conversation is a global, independent news and analysis publication that provides a platform for academics and researchers to share their expertise and knowledge with the public. It's a great place to find articles by researchers communicating their findings in more digestible ways. This article focuses on the terms we use to describe schizophrenia, and how they are constantly changing.





# Updates from the PSYcHE project

**We've been busy here at the University of Galway, and we'd love to share just some of our most recent work as part of the PSYcHE project:**

A recent article by our group on the depiction of schizophrenia in Irish online print news media



An article by our group on the use of brief measures of cognition in clinical psychosis settings



An article from the YouLead group, which works closely with the PSYcHE Project, on participant perspectives of cognitive remediation therapy



THANK  
you

We hope you enjoy some of these snippets.  
From all of us at the PSYcHE team, we  
thank you again for giving your time.

Take care, and all the best,

The PSYcHE team