



EMPOWERING STUDENTS AND ADVOCATES WORLDWIDE THROUGH COMMUNITY-BUILDING AND COLLABORATION



Audio Hangouts
Live Chats/Creative Space/Pet Pictures
Community Groups
Peer Support Groups
Q&A Discussion Groups
Guest Speaker Events PLUS
Coffee Chats PLUS
Creative Meetings
Game Night
Movie Night PLUS
Q&A Discussion PLUS
Open Mics
Social Mixers
Office Hours
Office Hours PLUS

Daily 9-10 AM ET
Twice Daily 12-1 AM ET (midnight) & 12-1 PM ET (noon)
TBA
Mondays 6-7 PM ET & Thursdays 10-11 AM ET
Tuesdays 2-4 PM ET
Tuesdays 7-8 PM ET and Saturdays 3-4 PM ET
Wednesdays 1-2 PM ET & Sundays 1-2 PM ET
Wednesdays 9-11 PM ET
Fridays 7-8 PM ET
Fridays 8-10 PM ET
Sundays 3-5 PM ET
TBA - September 9th, October 14th, November 11th, December 9th
7-9 PM ET - September 29th, October 27th, November 24th, December 29th
Saturdays 10-11 AM ET & Sundays 11 PM - 12 AM (midnight) ET
Mondays 8-9 PM ET & Thursdays 2-3 PM ET

Start Date: September 18th, 2023

Audio Hangouts (Google Meets)

Daily 9-10 AM ET

DESCRIPTION: Audio hangouts function as relaxed, daily group calls similar to catching up with friends. Unlike our other virtual meetings which follow a structured format, audio hangouts intentionally provide an unstructured space. This facilitates organic conversations and naturally unfolding discussions. The primary purpose of these hangouts is to foster a sense of community and belonging. Through sharing experiences, ideas, or simply casual banter, participants have the opportunity to build meaningful relationships and contribute to a supportive, interconnected community.

Live Chats/Creative Space/Pet Pictures (Discord)

Twice Daily 12-1 AM ET (midnight) & 12-1 PM ET (noon)

DESCRIPTION: The Discord channels #live-chat, #pet-pictures, and #creative-space are unlocked from Noon to 1 PM ET and Midnight to 1 AM ET. These texted-based chat channels provide a friendly, group-like atmosphere where members openly share their highs, lows, goals, and various experiences. Feel free to introduce yourself with your first name and, if comfortable, share your pronouns and location. During these unlocked hours, #pet-pictures allows sharing of pet photos, while #creative-space serves as a platform for sharing artwork, music, writing, and other forms of creativity. Before posting, we kindly ask everyone to review and adhere to our community guidelines, to help provide a respectful and safe space for all.

Community Groups (Discord)

TBA

DESCRIPTION: On a semester basis, Students With Psychosis Community Groups on the Discord platform each select a focus initiative. These groups play a crucial role in meeting the diverse needs of our intersectional community members and ensuring that Students With Psychosis remains accountable in matters of diversity, equity, and inclusion (DEI). The Community Groups encompass BIPOC, LGBTQIA+, and Comorbidities, providing a platform to address specific challenges and create a more inclusive and supportive environment within our organization.

Peer Support Groups (Google Meets)

Mondays 6-7 PM ET & Thursdays 10-11 AM ET

DESCRIPTION: A peer support meeting is a structured gathering in which individuals engage in a supportive and empathetic environment. Participants take turns sharing their personal achievements, challenges, and aspirations, fostering a sense of celebration for shared successes and empathy for common difficulties. The meeting culminates with a dedicated "words of affirmation" segment, during which attendees provide positive and encouraging feedback to their peers. This uplifting practice enhances self-esteem and overall well-being, contributing to the creation of a cohesive and supportive atmosphere. Through these meetings, participants experience a profound sense of belonging and community, gaining the confidence and strength to navigate life's journey with renewed hope and resilience. The sharing of highs, lows, and goals, combined with words of affirmation, enriches the interpersonal connections and empowers individuals to address life's obstacles with a profound sense of understanding and encouragement.

Q&A Discussion Groups (Google Meets)

Tuesdays 2-4 PM ET

DESCRIPTION: At the beginning of each meeting, we initiate a mental health check-in and introduce our members. We prioritize the interests of our members by structuring the discussion around participant-submitted inquiries. To respect privacy, members have the option to submit questions anonymously. We remind participants to adhere to our community guidelines when submitting their questions. For seamless interaction, we utilize the Q&A feature on Google Meets, ensuring a structured and fruitful discussion. This method promotes a respectful, engaging, and supportive environment, fostering a meaningful dialogue that addresses the specific needs and interests of our members.

Guest Speaker Events PLUS (Google Meets)

Tuesdays 7-8 PM ET and Saturdays 3-4 PM ET

DESCRIPTION: Our virtual guest speaker events provide a platform for enriching dialogue and shared learning. We host a diverse array of speakers: individuals with lived experience perspectives and support network perspectives sharing compelling narratives, mental health professionals and students presenting their innovative research or projects, and creative professionals showcasing their scripts or short films. Each presentation is followed by an interactive Q&A session, facilitating direct engagement between the audience and the speakers. Students may leverage this platform to gather valuable insights or data for their practicums, theses, or other academic projects. These virtual events foster a dynamic and supportive community, stimulating comprehensive understanding and fostering collaborative learning. Our aim is to create a space where diverse perspectives converge, and the complexities of mental health are unraveled through engaging discussions and shared experiences.

Coffee Chats PLUS (Google Meets)

Wednesdays 1-2 PM ET & Sundays 1-2 PM ET

DESCRIPTION: Coffee Chats are exclusive to Students With Psychosis senior leadership level and PLUS members. These gatherings serve as networking spaces, offering the chance to develop deeper connections with fellow PLUS members and senior leadership. The primary focus is to foster meaningful interactions and explore potential collaboration opportunities.

Creative Meetings (Google Meets)

Wednesdays 9-11 PM ET

DESCRIPTION: Our meetings begin with a mental health check-in, allowing everyone to share their highs and lows and express their thoughts. Following this, participants take turns sharing their creativity in a structured queue. This can include live music performances, poetry readings, sketches, paintings, video game development, recordings, photography, and more, whether completed or in-progress. Constructive feedback and comments are encouraged from fellow attendees. To conclude, we engage in a playlist session, recognizing the significance of music in coping with psychosis for many community members. Each participant shares a YouTube link to a favorite artist's song, creating a diverse and enjoyable experience. We prioritize trigger awareness and adherence to community guidelines while sharing creative works. Our supportive environment fosters a sense of artistic expression and mutual respect within the community.

Game Night (Google Meets)

Fridays 7-8 PM ET

DESCRIPTION: Our virtual game nights commence with an important mental health check-in, providing an opportunity for participants to express their current emotional state and share personal experiences. This initial segment fosters a supportive and inclusive atmosphere, grounding the session in empathy and understanding. We understand that some members may prefer to watch the game rather than actively participate, and we fully support this choice. Whether actively engaged or enjoying the game as spectators, everyone's presence adds value to our virtual game night experience. Our aim is to create an inclusive and enjoyable environment where all members feel comfortable and engaged in their own way. So, if any member wishes to watch and cheer on the participants, we encourage them to do so and share in the fun together. Your presence, in whatever capacity, contributes to the vibrant and welcoming atmosphere we strive to cultivate during our game nights. Following the mental health check-in, we transition into the main event: a vibrant and engaging virtual gaming experience. The selection of games, designed to be accessible and enjoyable for all, promotes team spirit, interaction, and light-hearted competition within the group. These interactive games encourage collaboration, strategic thinking, and creativity, bridging the virtual gap to cultivate a sense of camaraderie among participants. Despite being virtual, our game night effectively captures the essence of traditional social gatherings, facilitating genuine connections and shared laughter. The event concludes leaving participants with a sense of community, enhanced interpersonal relationships, and an overall enjoyable experience, underscoring the therapeutic role of communal gaming in mental well-being.

Movie Night PLUS (Google Meets)

Fridays 8-10 PM ET (Except September 29th, October 27th, November 24th, December 29th)

DESCRIPTION: Welcome to our movie discussion group, a captivating space where participants delve into thought-provoking discussions about movies and TV shows that portray individuals living with psychosis. Prior to attending the meeting, all members watch the selected movie or TV show, ensuring an informed and engaging conversation. This discussion is a “PLUS” event which incorporates Students With Psychosis membership tiers encompassing mental health professionals, researchers, creatives, family/friend members, and students pursuing a mental health degree. Our movie selections are thoughtfully curated, emphasizing the representation of individuals with psychosis in the world of entertainment. We aim to foster critical dialogues surrounding the significance of accurate and respectful portrayal, steering clear of harmful stereotypes. Movies and TV shows often serve as initial sources of knowledge about psychosis, making this platform crucial for promoting awareness and understanding. Creatives, particularly those writing characters with psychosis, find immense value in this event, gaining insights to craft compelling and authentic portrayals. Participants are encouraged to share their perspectives, thoughts, and reflections, nurturing a welcoming and inclusive atmosphere. Please note that the purchase of the movie or streaming service is not included in the membership. We look forward to engaging in enlightening discussions and collectively appreciating the power of storytelling in shaping perceptions of psychosis in the media.

Q&A Discussion PLUS (Google Meets)

Sundays 3-5 PM ET

DESCRIPTION: Q&A Discussion PLUS expands on the Q&A Discussion Groups, incorporating Students With Psychosis membership tiers, which encompass mental health professionals, researchers, creatives, family/friend members, and students pursuing a mental health degree. The meeting serves as a valuable platform for diverse perspectives to learn from one another. To cater to our members' interests, we structure discussions around participant-submitted inquiries. To safeguard privacy, questions can be submitted anonymously, while we strictly adhere to community guidelines. Utilizing the Q&A feature on Google Meets ensures smooth and organized interaction during the sessions. The approach fosters a respectful, engaging, and supportive atmosphere, promoting meaningful dialogue.

Open Mics (Instagram Live)

TBA - September 9th, October 14th, November 11th, December 9th

DESCRIPTION: Our curated Instagram Live Open Mics provide a dynamic platform for students and advocates to articulate their lived experiences and creativity. Participants are invited to express their unique perspectives through various forms, including but not limited to poetry, music, or visual art. The curated nature of the event ensures a thematic coherence, creating a cohesive and engaging audience experience. This platform serves as a virtual stage, enabling participants to share their journeys and insights, contributing to a deeper understanding and fostering a supportive community. These Open Mics not only amplify diverse voices but also facilitate a broader dialogue on relevant topics, bridging the gap between individuals from various walks of life and fostering a shared sense of empathy and understanding. Open Mics are thoughtfully organized and curated by our esteemed Students With Psychosis Internship Program.

Social Mixers (Google Meets)

7-9 PM ET - September 29th, October 27th, November 24th, December 29th

DESCRIPTION: Social mixers, organized by our esteemed Students With Psychosis internship Program, are engaging virtual events that offer a fresh and different experience each month. From dance parties and graduation ceremonies to karaoke nights and extended game sessions, participants enjoy a delightful array of activities. The primary objective of these mixers is to extend a warm welcome to new members and foster a strong sense of community. Mark your calendars, as these exciting social gatherings take place every last Friday of the month. By participating in these events, individuals forge meaningful connections and collectively build an inclusive and supportive environment.

Office Hours (Google Meets)

Saturdays 10-11 AM ET & Sundays 11 PM - 12 AM (midnight) ET

DESCRIPTION: Office Hours serve as a dedicated space where students and advocates can conveniently seek guidance and pose inquiries related to involvement opportunities within Students With Psychosis. Additionally, this platform offers a valuable resource for addressing any technical issues pertaining to membership. Whether seeking information about participation or requiring assistance with membership-related technology matters, Office Hours provide a supportive and accessible avenue for resolving queries and ensuring a seamless experience within our organization. However, it is essential to note that Office Hours are not intended for 1:1 peer support. Instead, they are specifically designed to address direct inquiries and provide information about our initiatives. We encourage all members to take advantage of this resource to enhance their engagement and understanding of our organization's offerings.

Office Hours PLUS (Google Meets)

Mondays 8-9 PM ET & Thursdays 2-3 PM ET

DESCRIPTION: Office Hours PLUS are only available to Students With Psychosis PLUS members. Office Hours provide a platform for individuals to ask questions about their involvement opportunities within Students With Psychosis. Additionally, this resource serves as a valuable support system for addressing any technical issues related to membership. Whether seeking information about participation or assistance with membership-related technology matters, Office Hours PLUS offers a supportive and easily accessible avenue to resolve queries and ensure a smooth experience within our organization.