



www.PsychU.org/patient-caregiver

A Free Community &
Online Resource Library
For Mental Health



Patient & Caregiver Collection



Helping healthcare professionals to provide people living with mental illness, as well as their families, friends, and caregivers, the support and information they need to educate themselves about their illness, empower themselves to take an active role in their health care, and engage with health care professionals while working towards recovery.



Scan Me

Visit The Website To Access:

Resources On Prevalence,
Diagnoses, & Wellness:

- Major Depressive Disorder
- Schizophrenia
- Bipolar Disorder

Perspectives & Interviews:


- From Those With Lived Experience
- From The Provider's View

Additional Information From
Supporting Organizations:

- National Alliance on Mental Illness (NAMI)
- Depression & Bipolar Support Alliance (DBSA)
- Mental Health America (MHA)

Visit **www.PsychU.org** to learn more and become
a part of this dedicated community.

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