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**INDEPENDENT
LIVING**



TAKE CHARGE: BUILD THE LIFE YOU WANT

What does independent living mean? Independence can look different for everyone. It might mean living in your own place, or it may mean sharing a home with others while you work, budget, and handle daily tasks your way.

You may already be thinking about or working toward more independence. But remember: being independent doesn't mean you have to do everything alone. Find the balance that helps you feel safe, confident, and in charge. Lean on tools, routines, and people who support you.

QUICK TIP

Keep it simple. Quick check-ins with yourself and your support team go a long way.

- Notice what makes your day run smoothly
- Try a steady routine, phone reminders, or a pillbox to help you remember things
- Find a friend you can text regularly
- Jot down basic information about your health like sleep, stress, mood, and how you're thinking

Check-ins like this can help you spot what's working well and where small changes may help.

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RESOURCES

This guide gathers simple, trustworthy resources to help you build independence on your own terms, whether you're getting started or building on strengths you already have.

Explore these resources and find the ones that work for you:

PAGE **Community Resource List**

5

This community resource list offers a collection of support options designed to provide both practical assistance and emotional support for you and your support system.

PAGE **Hope & Recovery—Your Guide to Living with and Beyond Schizophrenia**

7

This guide is intended to help you, your family and friends, the people you work with, and anyone else who would like to learn about hope and recovery.

LOOKING FOR EVEN MORE?

Visit HomeGroundSCZ.com
to find a variety of helpful tools.

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TOGETHER IN COMMUNITY.

This resource guide was developed by Teva Pharmaceuticals as part of our commitment to supporting the patient community living with schizophrenia.

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sczaction.org



schizophrenia.ca



**Schizophrenia
& Psychosis**
Action Alliance

Community Resources List

Introduction

Navigating the journey of living with schizophrenia can be challenging, but accessing the right resources can make a real difference. This community resource list offers a comprehensive collection of support options, including resource lines, support groups, educational materials and healthcare services. These resources are designed to provide both practical assistance and emotional support for individuals and families. Remember, seeking help is a strong and positive step toward managing and improving mental health.

Disclaimer: The resources listed here are provided for informational purposes only. Inclusion on this list does not constitute an endorsement or recommendation by S&PAA. We encourage you to research and evaluate each resource to determine its suitability for your needs.

If you find that any links are broken, you can copy the document titles and search for them on the websites themselves with their search feature. Please use our [contact us form](#) to let us know about any broken links!

Crisis

If this is an emergency, please call or text the national crisis line 988

[SAMHSA Suicide & Crisis Lifeline](#)

The crisis line 988 is a confidential, free, 24/7, 365 days/year information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups and community-based organizations.

Or you can text **HOME to 741741**, go to <https://www.crisistextline.org/> or call **911**.



Housing

Housing Options to Explore

Depending on your family situation, you may need assistance with housing. Because each state or county approaches housing differently, there is no singular best approach. Below are some options to explore:

[Your state's department or division of mental health](#): For example, in Massachusetts, the name of the agency is The Massachusetts Department of Mental Health.”

[Section 811 Supportive Housing](#) integrates affordable housing with access to mental health services to provide stability and support, with some specific to being disabled.

[Department of Housing and Urban Development \(HUD\)'s housing locator](#) provides some funded independent living apartments for living situations with varying levels of support. Group homes and residential treatment facilities offer a structured environment with around-the-clock care and supervision.

Your local [Public Housing Agency \(PHA\)](#) can provide referrals for subsidies, guidance for Section 8 voucher holders and help residents of public housing in general.

[Directory of Centers for Independent Living](#) provides a detailed list of consumer-controlled, community-based, cross-disability, private nonprofit agencies that are designed and operated within a local community by people with disabilities and provide an array of independent living services.

[Housing Choice Voucher Program \(Section 8\)](#) helps individuals afford private rental housing.

[Homeless Shelter Directory](#) provides guidance on accessing immediate support through homeless shelters and other social services throughout the United States.



HOPE & RECOVERY

Your Guide to Living with and Beyond Schizophrenia



SSCTM



LIVING WELL IN YOUR COMMUNITY

A big part of on-going recovery and relapse prevention is to create a meaningful life in your community. That's why community mental health supports and services are important. Connecting to people and services that can help you meet your goals and live a mentally healthy life is part of your recovery journey.

Organizations such as the Schizophrenia Society of Canada, the Canadian Mental Health Association, the Mood Disorders Society of Canada, and other mental health organizations can assist you in finding local resources. You can find other community supports through your high school, university and college campuses, or within faith-based organizations.

These organizations often provide one-on-one peer support for people with lived experience of mental illness and mental health problems, and their family members. Many offer educational workshops on mental illness, recovery, mental health and well-being resiliency, mindfulness, spirituality, and talk therapies. These organizations also assist communities in advocating for improved mental health promotion and prevention as well as enhanced mental health services. They can help you live with and manage your mental health problem and advocate with you for what you need.

There are many supports and services in the community:

- Housing support
- Mental health workers
- Peer support workers
- Social workers
- Supported employment opportunities
- Educational supports
- Nutrition and exercise programs
- Disability organizations
- Peer support groups for you, and for your family, led by people with lived experience.
- Group therapy
- Financial management
- Mental health advocates
- Recovery and well-being colleges



Often, your care team will know about these services and can help you connect with them. Mental health and disability organizations and advocates have the most up-to-date information about programs available to help you experience a better, healthier life even though you may still experience symptoms of your illness.

There are many mental health apps available to smartphone users. One smart phone app is called **"Booster Buddy"**, which is a gamified app for individualized support. It was developed in Victoria, BC, Canada with a youth team.