Help us explore new ways of working together!

If you are 18 or over and have experienced psychosis, you may be eligible to help us trial a new approach to mental health.

Participants in our research receive 8 face-to-face sessions using an iPad with one of our workers.
We are comparing 2 types of face-to-face sessions using an iPad:

**Health based sessions**—looking at a specific website about mental health and recovery with videos and exercises together with the worker

**Social sessions**—using the internet to help have conversations about things that are of interest to you with the worker

You would be randomly allocated to receive 8 sessions of one or the other

To find out if these sessions are helpful, you would also be asked to attend 4 assessments across 9 months to do some questionnaires, and talk about your symptoms and experiences.

If you would like more information about the research or would like to participate, please contact us on:

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