Experiences of Psychosis

A Collective Advocacy Project for people who have experience of psychosis

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Get involved! Contact Alex
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CAPS Independent Advocacy is a Scottish Charitable Incorporated Organisation. Scottish Charity Number: SC021772

CAPS
Experiences of Psychosis

What we do:
The Experiences of Psychosis Collective Advocacy project works to have a stronger voice for the lived experience of psychosis and to raise awareness and work for change within Lothian. The group decides what it wants to do; it is experience-led. We look to find ways to share this collective voice. We hope to work to redress power inequalities and to influence services and society. We do this through conversations with others dealing with psychosis, whether as a professional, from their own experience or in the community.

Workshop:
We are continuously updating our workshop “Exploring Experiences of Psychosis” to include new and changing voices within the group. In the workshop the group bring creative material relating to their experiences to spark conversation.

Psychosis:
We recognise that people can have very different experiences of psychosis and we seek to include and present a wide range of perspectives. People do not need a diagnosis to be part of the group, but need to self-identify as having their own personal lived experience of psychosis.

Interested?
The group is always open to new people from Lothian with their own lived experience of psychosis joining the group.
At the moment, the group meets online regularly on weekdays during the day and occasionally meets in person for a bigger piece of work like workshops.
The group sets the agenda for what we are working on, so meeting times vary.
We also welcome new connections with other organisations or individuals who want to collaborate with those with lived experience of psychosis.

Please get in touch with us by contacting
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