

Lived Experience Talk Overview

YOU ARE NOT ALONE

● SESSION DESCRIPTION

People with psychosis are often **isolated from one another** and lack **visible examples of recovery**, while stigma and fear dominate public narratives. This patient-facing talk offers an honest, human account of building a **meaningful life with psychosis**, providing participants with **reflection, connection, and a sense of possibility** beyond diagnosis or hospitalization.



● LEARNING OBJECTIVES

- **Recognize** that they are not experiencing psychosis alone
- **See themselves** in an honest, dignified lived experience story
- **Identify possibilities** for meaning and connection

“With her guidance I felt **safe and supported** to share my own situation, **discuss my treatment**, and look toward a future where mental health is **no longer stigmatized** and those of us with serious mental illness are **understood** and **given the space we need to thrive** rather than just survive.”

— Rachel
Peer with Lived Experience

● KEY TOPICS

- **Living with Psychosis** from the Inside
- **Isolation**, Silence, & Stigma
- **Rarely Seeing** Ourselves Reflected
- **Media Myths** vs. Lived Reality
- **Not the Only** One
- **More** Than a Diagnosis
- **Telling Our Stories** Safely
- **What Recovery** Can Look Like
- **Finding Meaning** & Connection
- **Imagining Possibility** Beyond the Hospital

● INTENDED IMPACT

- **Reduce** isolation through shared experiences & common humanity
- **Provide** visible representation of recovery from psychosis
- **Counter** fear-based or stigmatizing narratives
- **Support** hope and self-understanding without pressure
- **Create** moments of connection



● LEARN MORE

Sally currently facilitates recurring patient-facing talks in inpatient psychiatric settings.



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