



Broken Crayons is a 6-workshop series that revolves around psychosis. Co-produced by persons in recovery, mental health professionals and caregivers, we'll explore the aftermath of psychosis through discussions and activities (e.g. interactive play and collaborative art).

"Appreciate the inclusive nature - that anyone who wants to learn is welcomed."

"A community of I HAVE BEEN THERE for those on the recovery journey"  
- quotes from past participants

6 Saturdays, 10am-12pm

Dates: 4 / 11 / 18 / 25 May, 1 / 8 Jun

Venue: to be confirmed

sign up here!



A programme by:



for.sg/crayons

# BROKEN CRAYONS

still colour

sign up here!



<https://for.sg/crayons>

## WORKSHOP DETAILS:

### Workshop 1: Understanding Psychosis

What is psychosis? Learn more about the causes, signs and symptoms of psychosis and hear from a panel of people who have been through psychosis, caregivers and mental health professionals.

### Workshop 2: Journeying with Psychosis 1

Journey through psychosis with Jamie, the protagonist of a psychodrama, as she tries to make sense of her experience. Explore the crucial role family members and mental health professionals play in seeking help and take part in key decision making on Jamie's behalf through this interactive play.

### Workshop 3: Journeying with Psychosis 2

Medications, mind and mindset. Journey through the daily aspects of psychosis. Learn more about the psychological impact of medication, what goes on in the mind during psychosis and the crucial attitude one needs to recover and grow from the experience.

### Workshop 4: What keeps you going?

Finding the motivation to continue an uphill segment of life may be challenging. Explore reasons that motivate people to keep moving forward in life as well as practical tips to start taking the next step towards your goals and dreams.

### Workshop 5: Disclosure of Medical History

To tell or not to tell? Through a panel discussion, hear about the various perspectives of employers, persons in recovery, caregivers and mental health professionals on self-disclosure of medical history.

### Workshop 6: Family & Friends

Support from family and friends is crucial in recovery. We'll be co-creating a collaborative artwork and hear first-hand stories of how the workshop has made a difference to its participants.

email [yi\\_fong\\_tan1@imh.com.sg](mailto:yi_fong_tan1@imh.com.sg) if you have any further queries!