

Online only appendix: Exemplary quotes	
Avoidance behavior	
	<p>“I think San Francisco is hard for me to handle...and similar experience in New York...I couldn't handle it. I feel like it would bring [symptoms] on....I get on my scooter and go [away where it is calm and quiet]. I don't have any craziness or busyness, or anything that's pulling that away.”</p>
	<p>“I don't like over-messaging. Like if you go into a - like a - I don't know - walk down [a street] or something like that - where it's very, you know, like a lot of messages flooding. That's a little difficult for me. Not, not only difficult, it's just not, not enjoyable.”</p>
Utilizing supportive others	
<i>Friends</i>	
	<p>“My best friend can sense when symptoms are coming on... she has a voice that can help when symptoms are starting...she senses things about me.”</p>
	<p>“I mean as a population too, um, once we have a certain level of recovery which is achieved a variety of ways, probably mostly by medication, although I hate to say that but it's true. Talk therapy, good support system, love, uh, tho-, those are some of the things I'd like to talk about when we talk about management of the symptoms.”</p>
<i>Family</i>	
	<p>“And my family, of course, [is] really huge in my recovery. I, I, I met many people in the hospital who hadn't had a visit in five or ten or fifteen years from anyone. And they felt really so forgotten. Yeah. And my, my sister, my parents, my grandma, they came every week.”</p>
	<p>“I have people jog me out of the talking [to voices]. My mom does that. She slaps me on my, just on my, legs or my arms....we try to help each other out because we are both hindered—</p>

<p>[her] by age and me by the schizophrenia.”</p>
<p><i>Professionals</i></p>
<p>“When I got to therapy on a weekly basis usually I’m coming in from the unraveled, trying to go back and get my raveled self, you know, going again...My therapist turned out to be a fabulous support system for me.”</p>
<p>“I find the therapy very valuable. I’ve learned one of the benefits of therapy is not so much what the therapist tells you, but what you hear yourself saying to the therapist. And you can kinda like catch yourself if you’re making a mistake in your thinking.”</p>
<p>Taking medications</p>
<p>“I think, uh, like the main reason why I try to stay consistent with my medications, I think it’s fear. I’m afraid I might do something, like if I’m hallucinating or...having delusions...so that’s why...I make sure I always take my medications.”</p>
<p>“And that, that’s what I want, what I want out of my life is, um, is, um, happiness and, uh, you know, a career that I enjoy and all the good things that, that life can bring and, you know, a mental illness that’s not medicated properly would prevent me from havin’ that. So, if I start havin’ symptoms, I will let people know about it so I get my medication adjusted.”</p>
<p>Enacting cognitive strategies</p>
<p>"And one [strategy] was taught to me by my psychiatrist where you really face [what you think you heard or saw] and you say, 'What is the evidence for that?...Did this really happen?...Could this conversation really happen?...Or is this just a perception problem?'"</p>
<p>"I learned that...this odd thought has appeared and pretty soon it's gonna fade....that thought is going to come; it's gonna go and I'm not gonna invest in that thought."</p>
<p>Controlling the environment</p>

	<p>[What do you do when you have symptoms?] “Stay, stay at home and stay in my bedroom and just shut all the doors and keep it real quiet. Music can be helpful. It can also be harmful. Music can be very soothing...but then you can hear messages from the radio and that’s not good, either. So, the one thing to do if, if you are thinking you’re going into a psychosis, the one thing to avoid doing is constantly flipping the radio from station to station ‘cause that’s when you start... [Instead] pick out some soft soothing music and uh, and lis-, and stick with one station.”</p>
	<p>“The only thing that’s worked is [name of medication] but they had to like, it took like three years for them to get it at the dose but it still doesn’t stop everything. Mostly like, I’ll like listen to loud music if I don’t wanna hear things [symptoms], or play a TV loud ‘til I go to sleep or I go to like meetings where there’s a lot of discussions going on and stuff like that...”</p>
<p>Engaging spirituality</p>	
	<p>“I found that, that when you get really desperate, you have to reach out to God and ask him for help and you have to find a faith community. You don’t have to talk about your mental illness--they don’t even have to know about it--but if you really get involved in a faith community, it gives you support and gives you a sense of belonging...People need relationships – friendships...and also I think there are limits as to what science can do. I think at a certain point, you have to go into the realm of faith and ask God for help.”</p>
	<p>"I have a couple prayer cards I carry with me; when I'm able to, I'll pray in the car, especially when I'm feeling stressed out...it helps a lot."</p>
<p>Focus on well-being</p>	
	<p>"If I'm angered like I'm paranoid where I think I'm gonna do something to you, I'll walk. I'll walk for long periods of time, stuff like that."</p>

[When you have symptoms what do you do?] "I do walking and social contact. It can be just sports, karate, [and] racquetball."

Being employed or continuing their education

"[The school load] was this incredible challenge. And I think, too because I was so focused, I mean, I was just so focused that...it had displaced my symptoms."

"But, I think, I think really work can be a really positive experience in some ways, if you get the right situation. Because, you know, it's, it's, it's what people say frequently their most, it's the source of most people's frustrations. But it's also the source of a lot of belonging in a way. And, you know, when, when you become useful to an organization or something like that and you feel respected in that organization, there's a certain, you know, value in, in belonging there. So, I, I definitely believe that, although I don't, I don't have empirical data to back it up, but, I, I, I certainly think that work has been, ah, an important part of who I am and, and I would think it would be important for others, too."