

## **Supplemental quotations**

### **Supplemental quotation 1: being open with family about the young person's illness**

The main person is ... [my husband] .... It's often that I'll ask ... [husband] to bring things up with ... [son with first-episode psychosis] and we'll share that around so it's not just mum doing the heavy stuff. He's the emotional support. (Interviewee 8)

### **Supplemental quotation 2: Fearing and experiencing stigma**

My neighbours don't know anything about my son .... Just one friend; I told her because I had to. Because I needed to leave my daughter with someone and I had no choice. When I went to go to the hospital [with my son], [because] he had tried to kill himself, I had to leave my daughter with someone [a friend]. I had no choice, I had to tell this person [about my son], and she has been very helpful. Through this, I found out that her husband was suffering from mental illness for ages too and she didn't tell me that. Now I'm asking myself, how many people around me are having the same problem and no one tells you anything?' (Interviewee 3)

### **Supplemental quotation 3: Stigma as denying and blaming**

My husband ... he doesn't want to know about it either. He's a person that when he has a problem he ignores it so maybe it would go away .... it's very hard because when he [our son] tried to kill himself my husband blamed me. 'Where were you?' he said. I said 'what do you mean, "where were you?" where were you?' It's just really hard because they don't want to see what's happening, it's too painful. (Interviewee 3)

### **Supplemental quotation 4: Stigma as isolating**

You just don't communicate with anybody, you just shut yourself out of life as well because your son is not well and it just makes you feel constantly worried about him about what is going to happen. (Interviewee 20)

### **Supplemental quotation 5: Talking openly and listening**

To listen to me when I'm talking about things. Fortunately, they [friends] all listen to me. Sometimes I think I am being a whinger [complainer] and should I just get on to a [mental health] worker or something, but ... [friend] says she doesn't mind listening. (Interviewee 10)

### **Supplemental quotation 6: Providing emotional, instrumental and practical support**

She's [friend] like an aunty to ... [son], and there's been times when we were away when she had to take him to the emergency department .... So she's been great in terms of support, practical and emotional. (Interviewee 8)

### **Supplemental quotation 7: Increasing understanding and acceptance**

... to accept ... [son] for who he is and make an effort to understand. To me, that is the most supportive thing that any of them could do. And to support us when things have been a bit tough; just to be understanding. And our friends probably have been more [understanding] than our family. (Interviewee 5)

### **Supplemental quotation 8: Being non-judgemental**

Some people say they can understand, but they're still judgmental, and that doesn't help ... But until you're exposed to this you just don't understand. I've got friends who are the most caring, wonderful people but they just can't deal with it .... I think there's still stigma attached to mental health illness. (Interviewee 5)

Supplemental quotation 9: Engaging the young person

My neighbour next door, she talks to him and straight out says, "why do you do these silly things to your Nan?" We've been neighbours for 51 years. And my girlfriend, when he's really bad, sometimes she sits on the phone and talks to him. (Interviewee 10)