

# Schizophrenia

A chronic mental health disorder affecting thinking, perception, and behavior.

Early treatment and support can significantly improve outcomes.



Breaking stigma. Supporting recovery.

A serious mental health condition that affects how a person thinks, feels, and behaves.

Early treatment = better outcomes



## WHAT IS SCHIZOPHRENIA?

- Affects ~1% of the population
- Typically begins in late teens to early adulthood
- Causes psychosis (loss of reality)
- Leads to impaired thinking, behavior, and social functioning

## SYMPTOMS

- Positive Symptoms (added behaviors):
- Hallucinations (hearing/seeing things not real)
- Delusions (false beliefs)
- Disorganized speech or thoughts

## Negative Symptoms (loss of function):

- Flat affect (reduced emotional expression)
- Low motivation (avolition)
- Social withdrawal

## Cognitive Symptoms:

- Poor concentration
- Memory problems
- Difficulty making decisions





## TREATMENT

### Medications (first-line):

- Antipsychotics (e.g., risperidone, olanzapine)
- Help reduce hallucinations and delusions

### Therapy:

- Cognitive Behavioral Therapy (CBT)
- Family therapy
- Social skills training

### Support:

- Case management
- Vocational rehabilitation
- Community support programs



## LIVING WITH SCHIZOPHRENIA

- Medication adherence is critical
  - Early treatment improves long-term outcomes
  - Strong family and social support is essential
- Many individuals live productive, meaningful lives

### Reducing Stigma:

Schizophrenia ≠ "multiple personalities"  
Most individuals are not dangerous  
Education and compassion improve outcomes

## RESOURCES

National Alliance on Mental Illness (NAMI)

1-800-950-NAMI

[nami.org](http://nami.org)

SAMHSA National Helpline

1-800-662-HELP

[samhsa.gov](http://samhsa.gov)

988 Suicide & Crisis Lifeline

Call or text 988

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## A Guide for Patients and Families



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