

Schizophrenia



It is a brain disease that can cause physical changes in the brain. Nerve wiring and brain chemicals cause problems with the way information is sent and received inside the brain. Several treatments are available to help control symptoms

Untrue beliefs about Schizophrenia

- It is not “split personality”
- It is not caused by bad parents
- Not all people with the illness are dangerous

How can Schizophrenia affect you or your loved one?

- It can cause unusual thoughts or confusion
- Often there is a problem in being able to tell what is real and what isn't
- Sometimes people think their family or others are against them
- It can cause odd behavior
- May show poor bathing/unusual dress

- It can make a person stay to themselves
- Appetite and sleep may change
- Sometimes people with Schizophrenia think about or try to kill themselves

Are you at risk for Schizophrenia?

- Having family members with mental illness increases your risk
- If you have no family members with mental illness your risk of developing schizophrenia is 1% or 1 out of 100.
- If one of your parents has schizophrenia your risk is 13%
- Can be related to problems that happen during pregnancy or birth
- Regular drug or alcohol use can increase the risk of developing schizophrenia and make schizophrenia symptoms worse

Need HELP? There is HELP!

See your family doctor or a psychiatrist, contact your local mental health center, seek out support groups in your area or online, and develop healthy habits:

- Avoid drugs and alcohol
- Get enough sleep
- Be active
- Make healthy food choices
- Socialize with others
- Keep up with your stress level

Resources



National Suicide Hotline

800-SUICIDE (800-784-2433)
800-273-TALK (800-273-8255)
TTY 800-799-4889

SC Dept of Mental Health

800-763-1024 or
803-898-8591

National Alliance for the Mentally Ill (NAMI)

800-788-5131

SC Self Help Assoc Regarding Emotions (SC SHARE)

800-832-8032

Mental Health America of SC (MHASC)

800-375-9894

SC Dept of Alcohol and other Drug Abuse

888-727-7383 or
803-896-5555

Federation of Families

866-779-0402

Protection & Advocacy

866-275-7273

