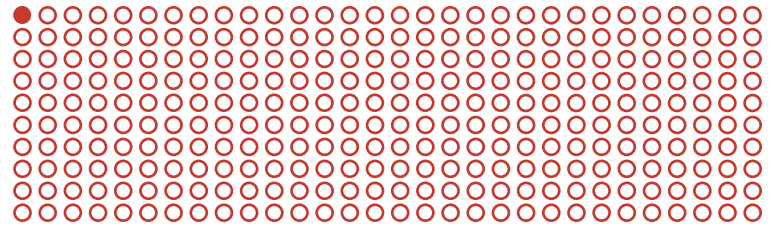




SCHIZOPHRENIA



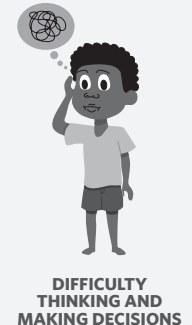
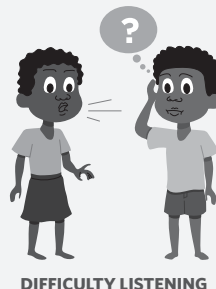
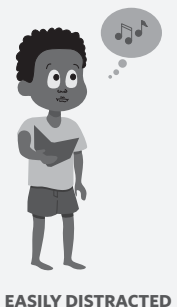
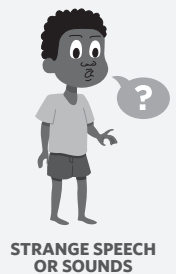
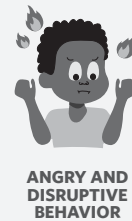
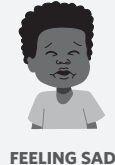
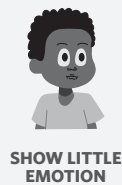
1 out of every 300 people has schizophrenia.¹

DESCRIPTION^{2,3}

People with schizophrenia experience disruptions in the way they perceive reality, impacting how they think, feel, and behave. This condition lasts for at least a month and usually starts between the late teens to early 30s.

SIGNS AND SYMPTOMS^{4,5,6,7}

There is a wide variation in the type and severity of symptoms people experience.



POSSIBLE CAUSES AND RISK FACTORS ^{8, 9}



BRAIN CHEMICAL
DIFFERENCES



FAMILY MEMBERS
with schizophrenia



DIFFICULT
ENVIRONMENT



INFECTION



OXYGEN
DEPRIVATION
during delivery



PREMATURE BIRTH



TRAUMA
during childhood

INTERVENTIONS ^{10, 11}

Professional



MEDICATIONS



SPECIALIZED COUNSELING

Family/Community



TAKE MEDICINE
AS DIRECTED



HAVE ENOUGH
MEDICINE



EDUCATE FAMILY AND
OTHER SUPPORTIVE PEOPLE
ON THE CONDITION



DO NOT MOCK OR STARE



DO NOT ABUSE OR
PHYSICALLY PUNISH



JOIN/FORM A
SUPPORT GROUP



TANARA ^{12, 13}

Tanara was always a peaceful person. That's why, at age 24, her family was surprised when she got into a fight with a neighbor over a parking spot and was sent to jail.

Soon after, she also began experiencing other strange symptoms, including feeling paranoid and seeing and hearing things that weren't there. Eventually, she didn't even want to get dressed or get out of bed.

At first, she was reluctant to tell her doctors about what she was experiencing. When she finally did, however, she was able to receive the medication and counseling she needed. Now Tanara's schizophrenia symptoms are under control, and she has regained her interest in the things she used to enjoy.

Today Tanara helps others who struggle with mental health illnesses so that they can grow in confidence and pursue their goals.

Note: The text, graphics, and images contained in this guidebook are for informational purposes only. None of the material in this book is intended to be a substitute for professional medical advice or diagnosis.

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NOTES

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