

Common Symptoms:

Symptoms of Schizophrenia include:

- The symptoms of psychosis including hallucinations, paranoia and delusions. Psychosis is defined as losing touch with reality.
- Depression and low mood.
- Lack of interest in social activities.
- Poor concentration.
- Poor hygiene and a reduced desire to look after themselves.

Symptoms of schizophrenia are often split into 'positive' and 'negative' symptoms. 'Positive' symptoms are any symptoms that cause outward facing changes in behaviour like psychosis. 'Negative' symptoms are those that cause a person to withdraw from the world around them.

Available help:

If you feel you are in danger of hurting yourself or are contemplating suicide please dial 999 and ask for help. Or call the Samaritans free on 116123

As with most mental health conditions, your GP can point you in the right direction. Available treatments they may prescribe include:

- Anti-psychotic drugs for the 'positive' symptoms or anti-depressants for the 'negative' symptoms.
- A variety of counselling, talking therapies and support groups.

Below are a couple of useful websites if you want to learn more or talk to someone about Schizophrenia:

- Info and support for 'positive' symptoms: hearing-voices.org
- For help and support on Schizophrenia and other conditions: rethink.org

Dare to Talk: Our advice

- Schizophrenia is a very misunderstood condition and does not involve having 'split personalities'.
- Whilst it is a serious condition, it is definitely treatable, particularly if dealt with early. So if you're in any doubt about yourself or a loved one, talk to someone. It may be the best decision you ever make.

