

# Schizophrenia

Schizophrenia is a mental disorder that affects the way a person thinks, and reacts to certain situations. Those with Schizophrenia often have trouble communicating with others, as well as understanding what is real and what is not real. Schizophrenia often occurs in someone during their young adult years, and is believed to be passed down within a family or from outside factors.

## Symptoms of Schizophrenia

- Agitation
- Decrease in Speech
- Paranoia
- Emotionally Absent
- Clouded Thinking
- Lack of Motivation

## Treatment Options for Schizophrenia

- Medications.
- Short Stays in the hospital to evaluate current status, and work on treatment after discharge.
- Seek individual and group counseling to help explain the illness and work on ways to cope with it.
- Communicating with family members so they understand what you are going through and can provide support.
- Skills training to improve interactions with others.
- Self help groups to understand the warning signs of relapse and avoid it.
- Employment programs that will prepare you for the day to day demands of having a job.
- Emphasis on providing skills training in a safe environment making the transition to everyday life a little easier

Schizophrenia is a complicated disorder that takes time and energy to treat. Commitment and education are key to helping you overcome the challenges of the illness.

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