



Personal Development

Guide

Schizophrenia

Facts

Schizophrenia is a long-term mental health condition that can affect how a person thinks, feels and understands the world around them. Doctors describe it as a type of psychosis, which means that at times a person may find it difficult to tell the difference between their thoughts and what is actually happening in real life.

Symptoms of schizophrenia include:

- Hallucinations – seeing or hearing things that aren't really there
- Delusions – strong beliefs that aren't based in reality
- Confused thoughts or speech linked to hallucinations or delusions
- Losing interest in usual daily activities
- Neglecting self-care, such as personal hygiene
- Avoiding people, including friends
- Feeling disconnected from your feelings or emotions

People with schizophrenia do not have a split personality and it does not usually cause someone to be violent. Schizophrenia is usually treated with a combination of medicine and therapy.

For more information and advice, visit – <https://www.nhs.uk/mental-health/conditions/schizophrenia/overview/>

Support Available

Local GP

NHS 111

Mind – <https://www.mind.org.uk/information-support/types-of-mental-health-problems/schizophrenia/helping-someone-else/>

Mental Health UK – <https://www.mentalhealth-uk.org>

Samaritans – 116 123