



Schizophrenia



Schizophrenia affects the way a person thinks, acts, expresses emotions, understands real life and relates to others.

People with **schizophrenia** often have problems at work, at school and in relationships.

Each person will experience **schizophrenia** differently but these experiences can occur:

- a lack of interest in things
- feeling disconnected from your emotions
- difficulty concentrating
- wanting to avoid people
- disorganised thinking and speech
- not wanting to look after yourself
- **hallucinations** – this is where a person hears, sees, feels, smells or tastes things that do not exist outside their mind but can feel very real. They may become very worried and frightened.
- **delusions** – a person with **schizophrenia** may view themselves and the world differently. They may become very suspicious of family and friends, not just strangers.

1 in 100
people get this
diagnosis at some
point in their life

**Often
develops
in teenage
years**

Treatment

- medication
- talking therapy
- occupational therapy

